

Budget Friendly Recipes:

Yellow Squash & Zucchini

Asian Cucumber-Zucchini Salad

- 1 tbsp sesame seed (\$0.26)
- 1 medium English cucumber (\$0.98)
- 1 medium zucchini (\$0.93)
- 2 tbsp soy sauce (\$0.10)
- 1 tbsp rice vinegar (\$0.11)
- 1/2 tsp sugar (\$0.01)

Serves 4-5 for \$2.39

1. Toast sesame seeds in an 8-inch skillet over medium-low heat for about 5 minutes, stirring constantly until golden brown. Set aside.
2. Quarter the cucumber and zucchini lengthwise, then cut into 1/2-inch thick slices.
3. In a small bowl, mix soy sauce, vinegar, and sugar. Add the cucumber and zucchini, tossing gently to coat. Sprinkle with toasted sesame seeds.

Zucchini Cornbread Casserole

- 1 large zucchini (\$0.93)
- 1/2 teaspoon salt (\$0.01)
- 1/4 medium onion (\$0.26)
- 1 cup cheddar cheese (\$1.12)
- 1 box (8 oz.) corn muffin mix (\$0.62)
- 1 egg (\$0.22)
- 1/3 cup milk (\$0.08)

Serves 6-8 for \$3.24

1. Grate zucchini into a colander, sprinkle with salt, and let sit for at least 30 minutes to drain moisture. Squeeze out any excess moisture.
2. Preheat oven to 400°F and dice the onion.
3. In a bowl, combine zucchini, onion, 2/3 of the cheddar cheese, corn muffin mix, egg, and milk. Stir until just combined.
4. Pour into an 8x8-inch pan and top with remaining cheddar cheese.
5. Bake for 25-30 minutes until the casserole is cooked through and the cheese starts browning.
6. Let cool in the pan for 15 minutes before slicing.

Zucchini Grit Cakes

1 ½ cups water (\$0.00)
1/2 cup Quick Grits, uncooked (\$0.32)
1/2 tsp salt (optional) (\$0.01)
1 ½ cups shredded zucchini (about 2 medium zucchini) (\$1.86)
2 eggs, beaten (\$0.44)
Sour cream (\$1.24)

**Makes 12-15 for
\$ 3.87**

1. Bring water to a boil, then slowly stir in grits and salt. Reduce heat and simmer for 3-4 minutes, stirring frequently, until thickened.
2. Remove from heat and stir in zucchini and eggs.
3. Heat a lightly greased griddle or non-stick skillet over medium-high heat.
4. Pour 1/4 cup of batter for each grit cake onto the griddle and cook for 3-4 minutes per side until browned.
5. Serve warm with sour cream.

Zucchini Pesto Pasta

2 cups grated zucchini (\$1.11)
1 clove garlic (\$0.07)
1/4 cup chopped walnuts (\$0.59)
1/2 cup grated parmesan cheese (\$0.74)
1/4 cup fresh basil leaves (\$1.00)
salt & pepper to taste (\$0.01)
2-4 tablespoons cooking oil (\$0.48)
1 pound Linguine pasta (\$0.98)

**Serves 8 for
\$4.98**

1. Squeeze all excess water from the grated zucchini using a dish towel.
2. Place zucchini, garlic, walnuts, parmesan, basil, salt, and pepper in a food processor.
3. With the food processor running, drizzle in oil until the pesto reaches your desired consistency. Adjust seasoning if needed.
4. Cook pasta according to package directions in a pot of boiling water.
5. Drain the pasta and toss it with the pesto until well coated.

Zucchini Crustless Quiche

- 2 strips bacon (\$0.56)
- 1 yellow onion (\$1.07)
- 1 Tbsp butter (\$0.12)
- 3/4 lb. zucchini (2 cups shredded) (\$1.11)
- 1 pinch salt and pepper (\$0.01)
- 5 large eggs (\$1.11)
- 1 cup shredded cheddar cheese (\$1.12)
- 1 cup self-rising flour \$0.20
- 1/4 cup cooking oil (\$0.24)

Serves 8 for
\$ 5.54

Cheesy Potato & Squash Bake

- 2 medium yellow summer squash (\$1.78)
- 2 potatoes (\$1.20)
- 3 tablespoons cooking oil (\$0.18)
- 1/2 cup feta cheese (\$1.15)
- 1/4 teaspoon salt (\$0.01)
- 1/4 teaspoon pepper (\$0.01)
- 1/2 cup milk (\$0.12)
- 1/2 cup shredded Parmesan cheese (\$0.74)
- 1 tablespoon fresh basil, chopped (\$0.39)

Serves 6 for
\$5.58

1. Preheat oven to 350°F. Line an 11x7-inch baking dish with parchment paper.
2. Finely dice the onion and chop the bacon.
3. Cook bacon and onion in butter over medium heat until soft and golden. Let cool.
4. Grate zucchini, sprinkle with salt, and set aside.
5. In a bowl, mix bacon, onion, eggs, cheese, flour, and oil.
6. Squeeze excess moisture from zucchini and add to the bowl. Season with salt and pepper.
7. Pour into baking dish and bake for 35-40 minutes until firm. Cool, then cut into squares.

1. Preheat oven to 400°F. Spray a 9x9 casserole dish with nonstick cooking spray.
2. Slice the squash and potatoes very thin. Toss with cooking oil. Layer a third of the squash and potato slices in the casserole dish, then top with half of the feta cheese. Repeat the layers, adding half of the salt and pepper. Finish with the remaining vegetables and seasoning.
3. Pour the milk over the entire dish and top with Parmesan cheese. Cover with foil and bake for 30 minutes. Remove the foil and bake for an additional 15-20 minutes. Sprinkle with fresh basil after baking.

Yellow Squash Pizza Boats

- 3 yellow squash (\$2.67)
- 14oz cups pizza sauce (\$1.52)
- 2 cups shredded mozzarella cheese (\$2.24)
- 6oz pepperoni slices (\$2.78)

**Serves 6 for
\$9.21**

1. Preheat the oven to 350 degrees. Spray pan with oil.
2. Cut the squash in half length-wise and scoop out the seeds.
3. Place some pepperoni inside the boat. Spoon pizza sauce over that and top with cheese.
4. Bake at 350 degrees for 25 minutes.

You can add whatever your favorite pizza toppings are, and don't forget to use up any leftover veggies like onion or mushrooms too!

Italian Vegetable Soup

- 1 lb Italian sausage (\$3.57)
- 1 chopped onion (\$1.07)
- 2 cups chopped celery (\$0.94)
- 1 green bell pepper, chopped (\$0.68)
- 3 tablespoons sugar (\$0.06)
- 1 teaspoon salt (\$0.01)
- 1 can (28 ounces) diced Italian tomatoes, undrained, (\$1.48)
- 2 cups diced zucchini (\$0.93)
- 2 cups diced yellow squash (\$0.89)
- Grated Parmesan cheese, optional

**Serves 8 for
\$9.63**

1. In a large pot, brown sausage with chopped onion. Drain excess fat.
2. Add in celery, bell pepper, sugar, salt, and Italian Tomatoes. Cover and simmer for about 1 hour.
3. Stir in zucchini and simmer 10 minutes. Sprinkle with cheese if desired.

Notes: