

# Questa Del Rio News

QUESTA • RED RIVER • CERRO • COSTILLA • AMALIA • LAMA • SAN CRISTOBAL

## Green Chili Calabacitas

(Recipe by Kaylee Pauley)

- 2 medium zucchini, sliced and quartered
- 2 medium yellow squash, sliced and quartered
- 1 red onion, sliced
- 2 cloves garlic, minced
- 1 T oil of your choice
- 1 can whole kernel corn, drained
- chopped green chile (measure with your taste buds)
- 1 t salt
- 3/4 t black pepper
- 1 c mild cheddar cheese, shredded

1. Heat large skillet over medium low heat, add oil, minced garlic and sliced onions, and cover. Cook for 3 to 5 minutes, stirring frequently until garlic is golden brown and onions are translucent.
2. Add prepared zucchini and squash and stir to combine, cover, and cook for another 5 to 10 minutes, stirring occasionally.
3. Once the zucchini and squash are cooked, stir in corn, green chile, salt, and pepper and cook 2 to 3 minutes or until corn is heated through.
4. Finally, top with mild cheddar cheese, and cover with lid just until cheese melts. Serve warm.



## Quick and Easy Baked Zucchini

(Recipe by Nagi from Recipetineats)

- 4 large zucchini (or equivalent medium zucchini)
- 2 T olive oil
- 1/2 t each salt and pepper
- 2 T breadcrumbs
- 2 t Parmesan cheese, grated

1. Preheat oven to 450°F with the oven shelf set high in the oven.
1. Trim the ends off the zucchini. Cut medium zucchinis in quarters lengthwise, and large ones into sixths (halve, then cut each half into three lengthwise to make six long "wedges").
2. Pile zucchini on a tray. Drizzle with 1 tablespoon of the oil, salt, and pepper. Toss.
3. Line them up in two rows so they're touching each other, with the skin side down.
4. Sprinkle evenly with breadcrumbs, then parmesan, drizzle with the other 1 tablespoon of oil.
5. Bake for 12 minutes until the Parmesan is golden and zucchini is soft but not soggy.
6. Serve immediately!



## Zucchini Bread

(Recipe by Florine Vialpando)

- Mix:**
- 3 c flour
  - 1/4 t baking powder
  - 1 t baking soda
  - 1 t salt

**In a separate bowl:**

**Combine:**

- 3 eggs
- 1 c oil
- 2 1/2 c sugar
- 1 t vanilla
- 1 t cinnamon

**Stir in:**

- 2 c grated zucchini
- 1 T grated lemon peel
- 1 c chopped pecans

1. Mix all ingredients together, then pour into a loaf pan or six mini-loaf pans. Bake at 350°F for 1 hour. Drizzle with glaze when cool. For the glaze, mix together about 1 cup powdered sugar, 1 teaspoon lemon juice, and 2 to 4 tablespoons of milk.



## How to Sun Dry Tomatoes At Home Drying tomatoes the old-fashioned way

(By Peggy Trowbridge Filippone)

Although prices of store-bought sun-dried tomatoes have come down in recent years, it's still worthwhile to make your own at home, particularly if you have a tomato garden. The basic process is easy enough.

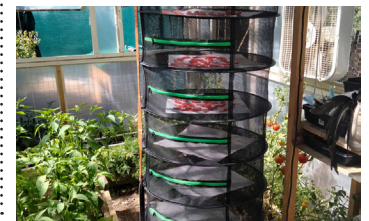
Most prefer to begin with Roma tomatoes, as they have fewer seeds and a higher ratio of flesh, but you can use any type of tomato, including cherry varieties. No matter which variety you choose it's best to choose tomatoes of a uniform size so they dry at the same rate.

Simply slice tomatoes in half, place on a raised screen, lightly sprinkle with salt and place in the hot sun until dry. Depending on your weather conditions, this could take anywhere from four days to two weeks. You'll want to cover them with cheesecloth, raised up so it does not touch the tomatoes, to keep out any critters and provide proper ventilation. You will also need to bring them in during the night, lest the evening dew undoes your drying process. Plan on 10 standard tomatoes to get one ounce of dried tomatoes.

**Sun-Dried Tomatoes Warning**

While dehydrated food does keep far longer, it can still spoil. Your sun-dried tomatoes should last up to seven months when stored under proper conditions. The end product of sun-dried tomatoes must be perfectly dry but not crispy, with no inner moisture in order to avoid bacteria growth.

Oil-packed sun-dried tomatoes with fresh herbs or garlic added must be refrigerated after opening. Do not eat sun-dried tomatoes with signs of rot or mold.



QuestaNews.com  
Appearing in the January 2023 Issue