

Bon Appétit

ZUCCHINI BREAD

Submitted by Shard Ramharrack

Ingredients:

3 eggs
1 cup Canola oil
2 cups sugar
2 cups grated zucchini
2 tsp Vanilla extract
3 cups all purpose flour
1 tsp. Baking soda
1 tsp. Salt
1 tsp. Cinnamon powder
1/2 tsp. Baking powder
1/2 cup Chopped pecans

Cook at 325° F for 1 hour



Step 1

Combine 3 eggs, 2 tsp. of vanilla extract and 2 cups of sugar, mix for 6 minutes until pale and fluffy. Set aside.

Step 2

Combine all dry ingredients & sift. Next add step 1 into step 2 bowl.

Step 3 Incorporate grated zucchini into batter.

Step 4 Add 1cup of oil & nuts..mix until blended.

Pam spray or butter a loaf pan. Spread mix evenly. And bake for 1 hour...Cool before you slice & cut.

Serve with whip cream & enjoy.

BLACK BEANS

Submitted by Olga Calderon

Ingredients

1 lb. dried black beans
10 cups water
1 large green bell pepper,
halved and seeded
2/3 cup olive oil
1 large onion diced
4 garlic cloves minced
1 large green bell pepper
4 tsp salt
1/2 tsp. black pepper
1/4 tsp. oregano
1 bay leaf
1 tsp. sugar
2 tblsp. vinegar
2 tblsp. White cooking wine
2 tblsp. Olive oil



Wash the black beans and put them to soak in 10 cups of water. Cut bell pepper in half and remove seeds. Add two halves to beans and water. Soak beans overnight or until beans have swelled to half their size. When they have sufficiently swelled, place on the stove and cook on medium heat in the same water in which they soaked, covered (approximately 45 minutes). Then heat olive oil in fry pan and sauté the onion, garlic, and green pepper. When the beans have softened, add a cup of the beans to the fry pan with sautéed vegetables and mash well. Add mashed beans and onions to the larger bean pot. Add salt, pepper, oregano, bay leaf and sugar. Cover and allow beans to boil gently for another hour. Add vinegar and cooking wine and continue to gently simmer for another hour until the beans thicken. When ready to serve, add olive oil.



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