

# Ebert's Greenhouse Village

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## Veggies in Disguise

Have you ever had to bribe your children to get them to eat their vegetables? Have you smothered their veggies in cheese sauce, coated them with lots of melted butter, or warned the youngins they will get no dessert until the goods are off the plate?

With all the healthy and nutritious vegetables growing in our gardens and available at area fanners' markets this summer, it would be a shame if you still had to battle the Veggie Wars!

Why not disguise your garden produce and let it go under cover as something more appealing? It's easy to do! Just remember not to eat the disguised veggies all by yourself before they get to the table!

### Beet Cake

½ cup cocoa	1 ½ tsp. soda
1 1/8 cups oil	½ tsp. salt
1 tsp. vanilla	3 eggs, beaten
1¾ cups flour	1 ¼ cups cooked, mashed beets
1 ½ cups sugar	1/3 cup chopped nuts (optional)

Combine cocoa, oil, and vanilla in mixing bowl. Sift and combine the flour, sugar, soda, and salt. Add to the cocoa mixture. Blend in beets and eggs. Beat at medium speed for 2 minutes. Stir in nuts. Pour into greased 9x13 inch pan and bake at 350° for 25-30 minutes. May be frosted with a butter cream or cream cheese frosting.

### Cucumber Quick Bread

3 eggs	2 cups sugar
2 cups grated, seeded, peeled cucumbers	1 cup vegetable oil
1 ½ tsp. vanilla	3 cups all-purpose flour
1 cup chopped nuts	1 ½ tsp. ground cinnamon
1 tsp. baking soda	1 tsp. salt
¼ tsp. baking powder	

In a mixing bowl, beat eggs. Beat in sugar, cucumbers, oil, and vanilla until well blended. Combine the remaining ingredients; add to cucumber mixture and beat just until combined. Pour into two greased 9x5x3 inch loaf pans. Bake at 350° for 60-65 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks. Makes 2 loaves.

### BLT Muffins

2 cups all-purpose flour 1 T. baking powder

1 T. sugar	1 cup milk
½ cup mayonnaise	¾ cup cooked, crumbled bacon (about 12 strips)
½ cup seeded, plum tomatoes	2 T. minced, fresh parsley

In a large bowl, combine the flour, baking powder, and sugar. In another bowl, beat the milk and mayonnaise until smooth. Stir in the dry ingredients just until moistened. Fold in the bacon, tomatoes, and parsley. Fill greased or paper-lined muffin cups 2/3 full. Bake at 400° for 20-25 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm. Can spread with softened cream cheese or butter. Yield: 1 dozen.

### Carrot & Zucchini Muffins

1 ¾ cups all-purpose flour	1 cup packed dark brown sugar
½ cup honey-crunch wheat germ	1 ½ teaspoons baking soda
1 ½ teaspoons ground cinnamon	¾ teaspoon salt
1 large egg	2/3 cup buttermilk or milk
½ cup salad oil	1 ½ teaspoons vanilla extract
1 small zucchini (about 8 ounces), shredded (1 ½ cups)	1 medium-sized carrot, shredded (1/2 cup)
1 three-ounce can pecans, chopped (1 cup)	1/3 cup golden raisins

Preheat oven to 350°. In a large bowl, mix flour, brown sugar, wheat germ, baking soda, cinnamon, and salt. In medium bowl, with fork, beat eggs slightly; stir in buttermilk, salad oil, and vanilla extract. Reserve 2 tablespoons shredded zucchini, 2 tablespoons shredded carrot, and ¼ cup chopped pecans for garnish. Stir egg mixture, raisins, remaining vegetables, and remaining chopped pecans into flour mixture just until flour is moistened. Spoon batter into paper muffin cups; sprinkle with reserved shredded vegetables and chopped pecans. Bake 20 to 25 minutes until golden and toothpick inserted in center comes out clean. Serve warm. Makes one dozen muffins.