

Tchotchke

(choch•key)

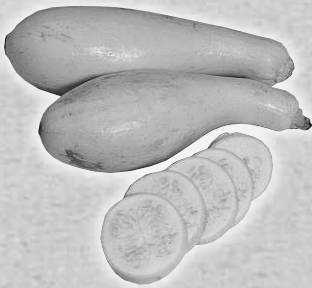
meaning:
trinket, doohickey, gizmo, whatchamacallit

Zucchini and Yellow Squash Gratin

- Ingredients:
- 2 tablespoons butter or olive oil
 - 2 medium zucchini, sliced crosswise inch thick
 - 2 medium yellow squash, sliced crosswise inch thick
 - 2 tsp garlic powder or salt
 - Seasoning salt and ground pepper
 - 1/2 cup greek-style yogurt or low-fat cottage cheese
 - 1 cup panko crumbs
 - 1/2 cup grated Parmesan cheese

Directions:

Preheat oven to 450 degrees. In a large skillet, melt butter over medium heat; add zucchini, yellow squash and garlic. Season with salt and pepper. Cook, stirring occasionally, until zucchini and squash are crisp-tender, 4 to 6 minutes. Add yogurt or cottage cheese, and cook for about 5 minutes until thickened. Remove skillet from heat; stir in 1/2 cup panko and cup Parmesan. Spoon mixture into a shallow 2-quart baking dish. Sprinkle with remaining panko and Parmesan; season with salt and pepper. Bake until top is golden, 8 to 10 minutes.



Pumpkin Mousse Shooters

INGREDIENTS:

- 2 oz. fat-free cream cheese, softened
- 1 can (15 oz) solid-pack pumpkin
- 3/4 cup fat-free milk
- 1 package vanilla fat-free sugar-free instant pudding mix
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/8 tsp. ground cloves
- 3 cups thawed reduced-fat whipped topping, divided
- 4 gingersnap cookies, crushed

Instructions:

Beat cream cheese until smooth. Add pumpkin, milk, pudding mix, cinnamon, ginger and cloves and beat about 1 minute or until smooth. Fold in 1 1/2 cups whipped topping. Spoon 1/4 cup mousse into each of the eight 6 oz. dessert glasses. Spoon 2 tablespoons whipped topping over mousse in each glass. Top with 1/4 cup mousse. Cover and refrigerate for about an hour. Just before serving, top each shooter with remaining whipped topping and gingersnap crushed cookie crumbs.



Perfect dip for football season:

What you need:

- 1 can chili (15 oz) with or without beans
- 1 package cream cheese, softened
- 2 cups cheddar shredded cheese, shredded

What you do:

Spread cream cheese onto oven-safe plate. Top with chili, cheese and any other desired toppings. Cook for 20 minutes in a 350-degree oven. Serve with chips.




Did you know that if you can protect plants from frost by watering them a day or two before the frost is expected? Wet soil will hold more heat than soil that is dry. However, do not saturate the plants while the temperatures are extremely low, as this will result in frost heave and ultimately injure the plants. Light watering in the evening hours, before temperatures drop, will help raise humidity levels and reduce frost damage.



Overwintering Geraniums

One technique is to dig large geraniums from the garden before the first hard frost and plant them in pots large enough to accommodate their root system. Cut the top of the plant back to 6 inches in height, and place in a sunny area such as a heated porch. The plant will continue to grow slowly throughout the winter.





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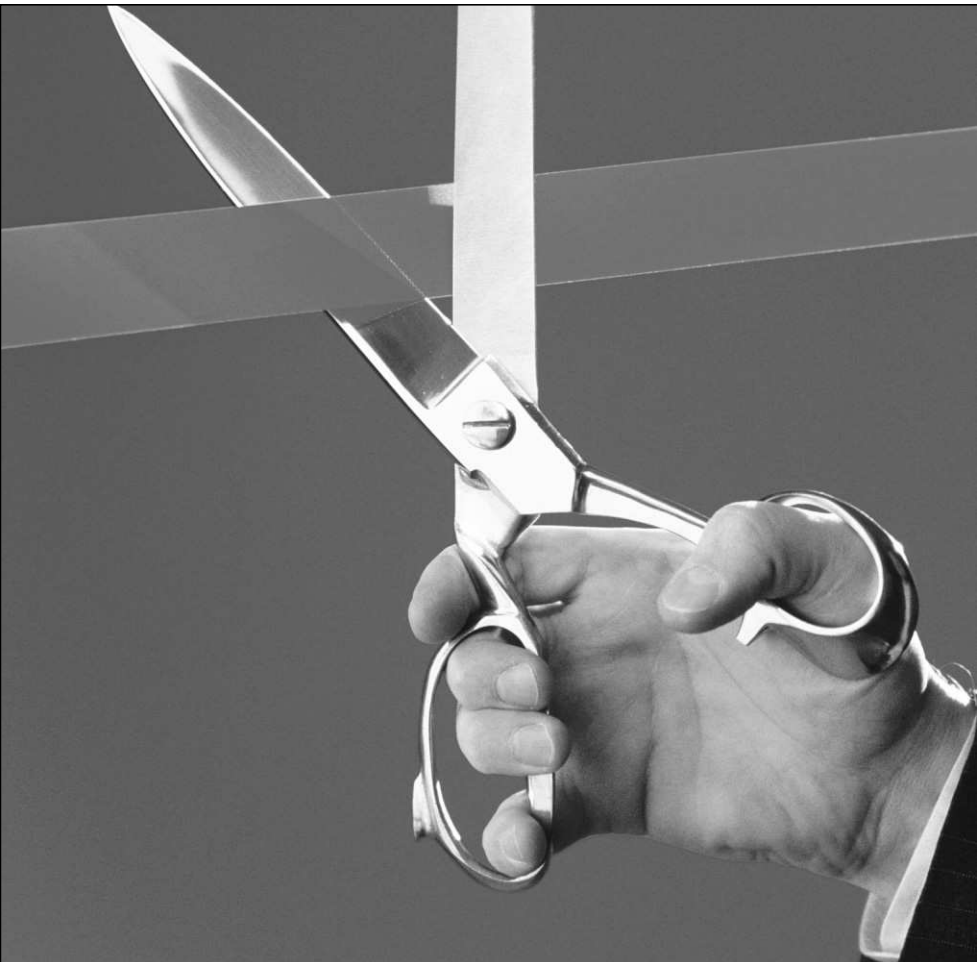
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