Zucchini Beef Pie

Puget Power Gazette - September 1980

Makes 4-6 servings

Ingredients

- 1 pound lean ground beef
- 1/2 cup diced green pepper (optional)
- 1 tsp finely chopped parsley
- 1/2 tsp minced dry onion
- 1/2 tsp garlic salt
- 1 tsp oregano
- 1/2 tsp salt
- 2 small zucchini
- 1/2 cup dry whole wheat bread crumbs
- 1/2 cup grated Parmesan cheese
- 1 (8-oz) can tomato sauce
- 1/4 cup grated cheddar cheese

Instructions

1. Sauté ground beef, pepper, parsley, onion, garlic salt, oregano, and salt. Drain. Set aside.
2. Slice zucchini and layer half into a 9-inch pie plate.
3. Top with half of the meat mixture, then half of the bread crumbs mixed with Parmesan cheese.
4. Top with spoonfuls of tomato sauce.
5. Repeat layers.
6. Top with cheddar cheese.
7. Bake at 350°F for 50-55 minutes in a conventional oven.

Microwave Directions

1. Sauté mixture 3-4 minutes.
2. Layer as above and cook about 9-11 minutes on high power.

RECIPE: CUT OUT & SAVE

Zucchini Beef Pie

1 pound lean ground beef
½ cup diced green pepper (optional)
1 teaspoon finely chopped parsley
½ teaspoon minced dry onion
½ teaspoon garlic salt
1 teaspoon oregano
½ teaspoon salt
2 small zucchini
½ cup dry whole wheat bread crumbs
½ cup grated parmesan cheese
1 8-ounce can tomato sauce
¼ cup grated cheddar cheese

Saute ground beef, pepper, parsley, onion, garlic salt, oregano and salt. Drain. Set aside. Slice zucchini and layer half into 9-inch pie plate. Top with half of meat mixture, half of bread crumbs which have been mixed with parmesan cheese. Top with spoonfuls of tomato sauce. Repeat layers. Top with cheddar cheese. Bake at 350 degrees F for 50-55 minutes in conventional oven. Makes 4-6 servings.

Microwave Directions: Saute mixture 3-4 minutes. Layer and cook about 9-11 minutes on high power.

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Seventeen Educational Grants from Puget Power

On the adjoining page are the seventeen outstanding high school seniors who received education tuition grants for college from Puget Power for the 1980/81 school year. These students are from throughout our service area. The grants are based upon academic achievement, school and civic involvement and financial need. We see them as an investment to provide new leaders and insure the economic future of our area. The grants were given in several subject areas such as: business administration, communications, education, engineering, environmental studies, home economics and physics.

Please join us in wishing these students the best of luck.



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