

# Ivey's In My Kitchen™



and responses about our interview. It was just a few hours ago. I'm overwhelmed with happiness and I feel genuinely touched by all of you. Thank you for taking that minute to say hello, welcome back to me, and what the %\$@# is going on with this yellow tomato stuff? And a WHITE TOMATO??? No folks, I'm not crazy. Your response to the white and yellow tomatoes as the lower acid variety is HUGE. And I'm going to respond to it. Considering I thought the highlight of my zucchini lasagna was that it was a hearty gluten free lasagna that fits the season, y'all are really impressed and curious about the tomatoes. So, here I am in the middle of the night, writing this because I really want to speak directly to you.

When I left the magazine it was because I was sick and I couldn't do my job well. I am not looking for sympathy. I'm the luckiest girl in the world. With my Husband, kids and family support, I want for nothing. I was, and am able to spend my time on researching the food effects that I now have to live with. Avoiding the things I cannot have. I can do anything, especially if it will bring about positive change. My recovery has been long and I'm still on that road. Nothing has or will dent my optimism. And I adapt and adjust with new recipes and better ways for my health and comfort. Low acid diet sounded like a dirty phrase to me. Just its mention brought a pinched expression to my face, ridiculous, me? I ate lemons like people eat oranges. (Yeah, Ivey, in retrospect, that probably didn't help!!) No vinegar? No onions? NO TOMATO PRODUCTS EVER?? I was subservient but devastated about it. Therefore I have struggled with my altering of my diet to reduce the acids in it. I understand that it's something vital to my full recovery, but no tomato???? Seriously, that is half of life's good food. I remembered reading about low acid tomatoes. I collected seeds. I searched mail order catalogs to find yellow and white varieties. And yes, I can eat them. I will not say it's a solution for everyone looking to re-love their lasagna. But I do recommend trying it. There are excellent canned varieties. In the spring you can plant seeds and grow your own\* or you can visit your local farm markets and gourmet food stores during the summer season.

\*I will be giving away free seeds of my white cherry tomatoes, to you Boating on the Hudson readers. Anyone who wants them, simply send a self addressed, stamped envelope to:

**Ivey's In My Kitchen, Inc.**  
PO Box 181,  
Crompond, NY 10517

Any readers that rip out and include this page with their request, will get an additional garden gift!

Support the US Postal service!

So please forgive the impromptu insertion.

I now give you my original article for...



**Ok, so, it's after midnight,** I'm all alone and I HAVE to add to this article. Coming back to the magazine is a very big deal for me. I want everything to be perfect. I missed you. And as always, I want to tell you what's really going on in my mind. Yes, our connection to each other is through food, but like boating, it's the enjoyable journey we travel along together, in this case, to a yummy destination. This article was finished, done. Ready to be submitted (something I considered an accomplishment) I love this original lasagna recipe where I substitute the noodles with flaps of slices of monster zucchinis. That was the whole point.

But then I was wonderfully welcomed back by our very own Lexington Maximus, I love Lex. He's been an inspiration and a wonderful friend for a long time. I adore his energizing force. So Lex pops my cherry on ZOOM. I haven't used the feature and he, tonight, was my first time. You all got to see it. All I can say is wow; it really is a whole new world. I finished up with Lex, made dinner and settled down to watch an inordinate amount of TV with my Hub and my (held-hostage) kids. They're all asleep and the house is so quiet right now. It's just you and me. I sat down to see the interview with Lex and I started reading. And evidently, I am SO NOT ALONE in this world! I still have more reading to go from all of you, there are (thankfully so) so many emails and messages and comments

Here's some pictures to kinda guide you through:



# Lasagna Zucchini Sunshine

At the end of the growing season, my garden is filled to the brim with two things; tomatoes and squash. The dreamers who still cling tightly, way past the summers heat, winding into the air that now turns cool and crisp. Autumn is my favorite time of year, if you can't tell. I'm a zucchini girl myself, in the squash department. I love the smoothness and straightness of a good zucchini. I especially get excited about the zucchini "monsters" big thick heavy shafts of an overgrown vegetable. It feels like a world of possibilities in my eager able hands. All the yummy things I can do. In the old days I would have carved them out as boats and filled them with ricotta, mozzarella, tomatoes and garlic. Funny, I'm using the same ingredients; they have simply morphed into another shape.

Now lets talk about color, color matters. Especially to me now as I get older, just passing through 51. It is generally known that tomatoes are red. It is also known, all though not as widely, that tomatoes can come in all the colors of the rainbow; heirloom tomatoes. From purple krim, to green zebra, to yellow to orange and so on, the heirloom craze reintroduced the ugly tasty varieties. What is even lesser known, is, what the heck's the difference???? This is where I take my age for wisdom and ignore the wrinkles. I give you the big, firm round yellow tomato. I give you the white cherry, the giant ghost tomato. Do you know why I favor the yellow and white tomatoes? Because I can still put them in my mouth! Low acid. Red tomatoes and I broke up due to irreconcilable differences. Now, all yellow tomatoes are not guaranteed to have low acidity. I do my homework, and, I really love to eat. But between the pasta and the red tomato sauce, I thought I would never see my old friend lasagna again. Never bite through the delicately balanced layers and flavors of a marriage of cheese sauce and pasta. Pasta and I also have parted ways. It's less painful for the both of us. But I miss pasta. I wonder if my pasta ever thinks of me? Ahhhh, a wistful sigh and onward.

Well, what I do is take these enormous phallic Adonis's and slide my sharpest knife in sideways. Long ways, making flat strips to replace the noodles. I understand not everyone has access to heirloom special tomatoes. So I have two supermarket brands I like, shown in our photos, that supply a terrific canned yellow tomato to crush into a ready sauce. Now, it was all simply mix and assemble.

For my easy breezy friends who love good old Polly-O, I do too. And everything from their ricotta to their slicing mozzarella to their shredded is perfect for this recipe. Now if you have the luck of fresh ricotta, use it, but fresh mozzarella, don't. Zucchini produces a lot of water, so does fresh mozzarella. When baked into a layered dish there may be an overflow of too much liquid. And no one wants to clean up that!

We used a convection oven set to 350 degrees. Using a layer of parchment paper between the finished, yet uncooked lasagna is vital before placing the tin foil on

top. If you don't, you'll loose all the yummy cheese. Big or small lasagna, I always set the timer for 45 minutes, then continue to bake uncovered for 15 more minutes. The top should be a sea of melted cheese bubbles

Once the lasagna has cooled enough to be served, use a straight sharp long knife to pre-cut the lasagna into squares directly in the baking dish. If you're using a disposable pan put something underneath for any leakage.

**For the ½ pan baking tin I used, ingredients measurements are:**

- 1 large container ricotta cheese
- 1 block solid mozzarella sliced
- 1 bag pre-shredded mozzarella
- 2 Tsp. salt
- 1 Tsp. garlic powder
- 1 Tsp. dried oregano
- 1 Tbs. dried or fresh chopped chives
- 1 egg beaten

Combine all of the above ingredients in a large mixing bowl and get mixing until everything is incorporated. Set the mixture aside, do not refrigerate.

- Now you need 1 enormous monster zucchini
- 3 cans yellow tomato that has been crushed into sauce

Monster zucchini, or mere mortal zucchini, either way, slice sideways. You're looking to make as many longwise cuts as you can get from each zucchini. Try to be consistent with the thickness.

If making your own tomato sauce; oven roast seeded half tomatoes until reduced. This is a 250 degree two hour minimum process. Then, throw all of the tomatoes and one fresh basil leaf into a food processor and pulse until the sauce consistency is what you like. I like mine liquidy. If you are using the canned, treat them as if you are starting with already roasted ones.

Sauce layer first, zucchini layer on top, then spread the cheese mixture out flat. Repeat this order until you are 1 inch from the top of your baking dish. Then layer the mozzarella slices all across the top. Cover with parchment paper, then tin foil. Bake in a 350 oven. But I think you get that by now. Here's some pictures to kinda guide you through. As always you can email me with any questions you may have at [lveysinmykitchen.com](http://lveysinmykitchen.com), go to our FB Boating On The Hudson (BOTH) page and please, always visit me here with Boating on the Hudson & Beyond Magazine. Preserve the written word.

Enjoy!