



THE ART OF CANNING

MOCK PINEAPPLE

- 7 quarts peeled, de-seeded, cubed or shredded zucchini
- 1 (46 oz) can of pineapple juice, not from concentrate
- 1 1/2 cup lemon juice
- 3 cups sugar (we use Evaporated Cane juice or Raw Sugar)

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Mix juices & sugar together until dissolved. Pack squash tightly in quart jars to the top (squash will shrink down during the canning process) Ladle in juice sugar mixture. Run the end of a spatula or wooden spoon between food and jar sides to release any air bubbles. Add more liquid if necessary. Fill to just above shoulder of jar. Pressure can 10 minutes at 5 pounds pressure. Use in recipes that call for pineapple. Yields 7 quarts.