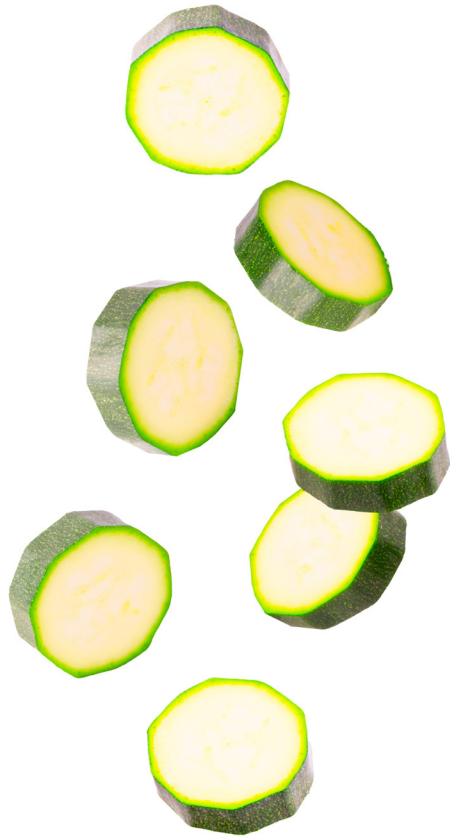


HARVEST OF THE MONTH:

Zucchini



Nutrition Facts

Serving Size 16 g

Amount Per Serving

Calories 3 Calories from Fat 1

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 1%

Sugars

Protein 0g

Vitamin A 2% • Vitamin C 9%

Calcium 0% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

REASONS TO EAT ZUCCHINI

- Zucchini is a good source of Vitamin C, which is a powerful antioxidant that helps prevent cardiovascular disease. It lowers the risk of infection and helps heal wounds.
- Zucchini has a high water content with over 95%!
- Zucchini is a good source of potassium, manganese and Vitamin B6 which are necessary for proper functioning of the human body.

RECOMMENDED DAILY AMOUNT OF FRUITS AND VEGETABLES

	Kids ages 5–12	Teens & Adults ages 13 & older
Male	2-5 cups per day	4-6 cups per day
Female	2-5 cups per day	3-5 cups per day

HELPING YOUR KIDS EAT HEALTHY

1. Zucchini is the most common summer squash variety.
2. It is referred to as a vegetable but zucchini is actually a fruit because it develops from the female flower of the plant.
3. The entire zucchini is edible; the skin, seeds and flesh, whether raw or cooked.
4. Dip raw zucchini slices in low-fat yogurt for a healthy after school snack.
5. Choose a glossy zucchini that is heavy for its size.
6. Add sautéed zucchini to enchiladas for a healthier version of a family favorite.



Zucchini Recipes

ZUCCHINI SAUTÉ

INGREDIENTS

- 1 T olive oil
- ½ red onion, diced
- 4 zucchini, halved and sliced
- ½ pound fresh mushrooms, sliced
- 1 tomato, diced
- 1 garlic clove, minced
- 1 tsp. Italian seasoning
- salt and pepper to taste

DIRECTIONS

Heat oil in a large skillet over medium heat. Sauté onion with salt and pepper for 2 minutes. Stir in zucchini and mushrooms. When zucchini begins to soften, add tomatoes, garlic, and Italian seasoning. Cook until heated through. Makes 6 servings ; 68 calories for each serving.

ZIPPY ZUCCHINI BAKE

INGREDIENTS

- 4 zucchinis, thinly sliced
- 1 C. buttermilk baking mix
- ½ C. chopped onion
- ½ C. grated Parmesan cheese
- 1 tsp. salt
- ½ C. vegetable oil
- 4 eggs, beaten

DIRECTIONS

Preheat oven to 350 degrees F. In a medium size mixing bowl combine zucchini, buttermilk baking mix, onion, parmesan cheese, salt, oil, eggs. Spread lightly into a 9x13 inch baking pan. Bake for 30 minutes. Serve warm.

CRANBERRY ZUCCHINI BREAD

INGREDIENTS

- 3 C. flour
- 2 C. sugar
- 2 ½ tsp. cinnamon
- 1 ¼ tsp. salt
- 1 tsp. baking soda
- ½ tsp. baking powder
- ¼ tsp. ground nutmeg
- 3 eggs
- 1 ½ C. shredded zucchini
- 1 C. vegetable oil (substitute applesauce!)
- 1 T vanilla extract
- 1 C. chopped fresh or frozen cranberries
- ½ C. walnuts, chopped

DIRECTIONS

In a large bowl, combine the dry ingredients. In another bowl, beat eggs; add zucchini, oil and vanilla. Stir into dry ingredients just until blended. Fold in the cranberries and walnuts. Pour into two greased and floured 9-in. x 5-in. x 3-in. loaf pans. Bake at 350 degrees F for 50-60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.

