



# 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 and older
Male	2-5 cups per day	4-6 cups per day
Female	2-5 cups per day	3-5 cups per day

If you are active, eat the higher number of cups per day. All forms of fruits and vegetables count toward your total daily needs: fresh, frozen, cooked, dried, and 100% juice.

## 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**

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.

### **Cranberry Zucchini Bread**

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.

### **Zippy Zucchini Bake**

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.