

Zucchini



Zucchini is a type of summer squash. This hardy squash grows readily in a range of environments, and it has a broad assortment of uses, from sweet zucchini bread to raw “pasta” made from zucchini strips.

How to buy:

Look for zucchini that’s about 4-6 inches long, and looks firm and shiny with no breaks or cracks. Large, older fruit will be tough and bitter; the best way to use very large zucchini is in zucchini bread.

Nutrition:

This food is low in saturated fat, and very low in cholesterol and sodium. It is also a good source of Thiamin, Niacin and Pantothenic Acid, and a very good source of Dietary Fiber, Protein, Vitamin A, Vitamin C, Vitamin B6, Folate, Iron, Magnesium, Phosphorus, Potassium, Zinc, Copper and Manganese.

Preparation:

- Boil, steam, grill, oven roast, sauté
- They can be incorporated into a meatloaf or meatball

Storage Tips:

- Refrigerate (vegetable drawer) in an opened plastic bag. They will remain firm for about one week.
- To avoid damaging the skin, do not clean zucchini until ready to use.

INDEPENDENCE
HEALTH
DEPARTMENT

515 S. Liberty
Independence, MO 64050
816-325-7185



Public Health
Prevent. Promote. Protect.

Recipes

Printed from COOKS.COM

EASY ZUCCHINI CASSEROLE

- 1 lb. zucchini, sliced
- 2 tbsp. olive oil
- 1 med. sized onion, chopped
- 1/2 c. canned tomatoes
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 tbsp. parsley, chopped
- 1/3 c. bread crumbs
- 2 tbsp. Parmesan cheese, grated
- 1/2 tsp. basil
- 1/4 tsp. oregano

Sauté onion and zucchini in olive oil for several minutes. Add balance of ingredients. Mix thoroughly and transfer to 1 1/2 quart casserole. Bake at 350 degrees for 35-40 minutes. Serves 4.

EASY ZUCCHINI BREAD

- 2 c. sugar
- 1 c. oil
- 3 eggs
- 3 c. flour
- 1/4 tsp. baking soda
- 1 tsp. salt
- 1 tsp. cinnamon (add to taste)
- 2 c. grated fresh zucchini
- 1 c. nuts
- 2 tsp. vanilla

Mix ingredients together - in order! Bake at 350 degrees, 50 minutes.

EASY ZUCCHINI SOUP

- 3 lg. or 4 med. zucchini
- 1/2 c. chopped onion
- 1/4 c. long grain rice
- 1 1/2 qts. chicken broth
- 1-2 tsp. curry powder
- 1 tsp. dijon mustard
- 1/2 - 1 c. non-fat plain yogurt

Simmer zucchini, onion, rice, and chicken broth for 20-30 minutes until tender. Puree in blender, adding curry powder, mustard, and yogurt. Serve warm or cool.