

Suggested Veggie of the Month:

Zucchini

June 2018



Zucchini contains many great nutrients like potassium, vitamin K & vitamin C. It is also low in calories, at only 21 calories for 1 cup chopped.

Shopping Tips:

When purchasing, choose zucchini that is bright, smooth, and firm. Avoid zucchini that is soft and have cuts or blemishes. Make sure to store raw zucchini in the fridge and use within 3-5 days.

Zucchini is part of the summer squash family, so look in the grocery store for other varieties like Mexican squash, patty pan squash, or crookneck squash.

Nearly the entire part of a zucchini is edible, so simply wash the zucchini when preparing it. There is no need to peel the skin.

Source: <https://www.livestrong.com/article/410151-the-health-benefits-of->

Roasted Zucchini

Serves: 4

Ingredients

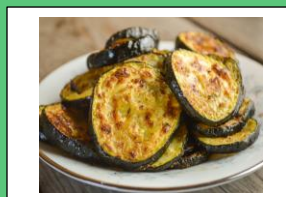
- 2 Zucchini, fresh, medium, sliced
- 2 ½ Tbsp. Canola oil (olive oil may be used)
- ¼ tsp. Garlic, fresh, minced
- ¼ tsp. Salt
- 1/8 tsp. Ground black pepper
- 2 ½ tsp. Balsamic Vinegar

Instructions

1. Slice the zucchini.
2. Combine canola oil, minced garlic, salt, pepper and balsamic vinegar. Mix well.
3. Toss zucchini with the balsamic marinade.
4. Place in a single layer on a sheet pan.
5. Roast at 450 degrees F for 4 – 6 minutes until lightly golden.
6. Serve immediately.

Nutritional Facts

Per serving: 170 calories, 18 g Tot Fat, 0 mg Cholesterol, 105 gm Sodium, 3 gm Carbohydrates, Less than 1 gm Dietary Fiber, 2 gm Sugar, 1 gm Protein



HOW TO EAT:

Add some flavor to your zucchini by grilling and seasoning it. Zucchini can be part of a vegetable kabob, or as a side dish to your main meal.



Substitute pasta noodles for zucchini noodles. You will need a spiral vegetable slicer to cut the zucchini into long noodle like strips. Once cut use in your favorite pasta recipe.

