

ZUCCHINI



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GROWING

Zucchinis are a type of summer squash that come in a variety of colors, but are typically dark green. They can be grown during the warmer, frost-free seasons. They should be picked when they are 6-8 inches long, but are still good if picked when larger.



SELECTING

Choose zucchinis that are firm to the touch, and free of cuts and bruises. Also, their skin should be slightly prickly and have a deep and shiny color.



STORING

To maximize freshness, store your zucchinis in a refrigerator and wash only when ready to use. Cut off any bruised areas before eating. If you have too many zucchinis, consider freezing them for use at a later date!



BODY

Zucchinis are free of fat, sodium and cholesterol and are low in calories. They are high in Vitamin C, which helps to heal cuts and wounds, as well as other vitamins and minerals that help to prevent diseases. Zucchinis are a type of vegetable. A healthy diet contains at least 2-3 cups of vegetables per day.



KITCHEN

Zucchinis are usually eaten cooked, but can also be eaten raw. They can be used fresh or frozen all year round in a variety of dishes and baked goods. Tip: try adding them to quick breads for a tasty treat! It will turn out similar to banana bread!



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ZUCCHINI

DID YOU KNOW?
THE ZUCCHINI FLOWERS ARE ALSO AN EDIBLE PART OF THE PLANT. TRY THEM IN A SALAD.

SUMMER SQUASH STIR FRY

Prep time: 10 minutes
Makes: 4 servings

Ingredients

1 tablespoon olive oil (or other vegetable oil)
1 small onion, chopped
2 cups summer squash (washed and cut into chunks)
1 cup carrots, thinly sliced
Seasonings*, to taste (optional)

Directions

1. In a skillet (the larger the better), heat oil on medium-high heat.
2. Add onion and stir until onion is clear and begins to brown.
3. Add carrots and stir until carrots are tender and crisp. Add squash and cook for about 2 minutes. Lower heat.
4. Add seasonings of choice. Cook for 2 more minutes. Serve as a side dish.

Notes: Suggested seasonings (if using): garlic powder, pepper, cumin, thyme, basil, or oregano
Fresh basil is wonderful with this.

Nutrients

Calories 59, Total Fat 4 g, Saturated Fat 1 g,
Monounsaturated Fat 2 g, Polyunsaturated Fat 0 g,
Cholesterol 0 mg, Total Carbohydrate 6 g, Dietary Fiber 2 g,
Total Sugars 4 g, Protein 1 g

Recipe from What's Cooking USDA Mixing Bowl

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/summer-squash-stir-fry>



For more educational resources go to
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