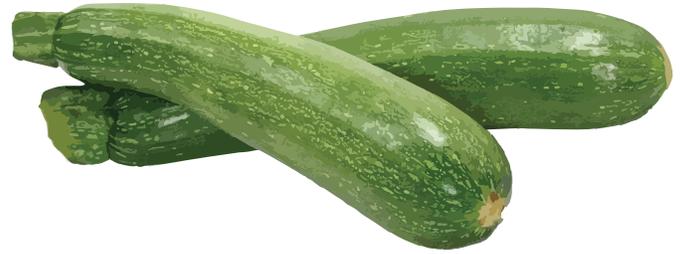


Zucchini



Key Points

- ▶ High in vitamin C. Contains carotenoids that may be good for health. Low in calories and sodium.
- ▶ Zucchini should be firm and free from cuts and bruises. Look for zucchini with a slightly prickly but shiny skin.
- ▶ Children learn from you. Eat vegetables, and your kids will too.
- ▶ Fruits and vegetables that will be eaten raw should be kept separate from other foods, such as raw meat, poultry, or seafood.

Ratatouille

Number of servings: 6

Ingredients:

- 2 teaspoons canola oil
- 2 onions, chopped
- 2 eggplants, diced
- 4 zucchinis, sliced
- 2 bell peppers, chopped
- 3 tomatoes, red ripe, chopped
- 2 cloves garlic, minced
- 1 tablespoon fresh thyme or 1 teaspoon dried
- 1 tablespoon fresh oregano or 1 teaspoon dried
- 1 tablespoon fresh basil or 1 teaspoon dried

Directions:

1. In a heavy nonstick skillet, heat oil over medium-high heat. Saute onions until translucent, about 3 minutes.
2. Add eggplant, zucchini, bell peppers, and tomatoes to skillet. Add garlic, thyme, oregano, and basil to skillet.
3. Reduce heat, cover, and simmer 30-45 minutes until vegetables are thoroughly cooked. Stir to prevent sticking.
4. Uncover and cook another 5 minutes. Serve warm or cold.

Per serving: 117 calories; 2 g fat (trace saturated fat); 5 g protein; 23 g carbohydrate; 8 g dietary fiber; 0 mg cholesterol; 17 mg sodium.

Tip: Ratatouille is best made ahead to allow flavors to blend.

Zucchini au Gratin

Number of servings: 4

Ingredients:

- 2 zucchinis, thinly sliced
- ½ cup onion, sliced
- 2 tablespoons water
- Ground black pepper to taste
- 3 tablespoons Parmesan cheese, grated

Directions:

1. Add zucchini and onion to microwave safe dish. Add water and pepper.
2. Cover and cook in microwave on high power for 3 minutes.
3. Remove cover and stir.
4. Microwave on high power for 3 more minutes or until desired doneness.
5. Sprinkle with cheese, toss lightly. Serve immediately.

Per serving: 154 calories; 5 g fat; 12 g protein; 19 g carbohydrate; 6 g dietary fiber; 12 mg cholesterol; 294 mg sodium.

Quick Tips

- ▶ Store zucchini in a perforated plastic bag in the refrigerator for four to five days.
- ▶ Wash thoroughly under running water before eating, cutting, or cooking. Do not wash until ready to use.
- ▶ Add shredded zucchini to meatloaf, casseroles, or lasagna.
- ▶ Grate zucchini and form into patties (just like potato cakes). Cook in a skillet with olive oil until lightly browned on both sides.

This institution is an equal opportunity provider. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP – and the Expanded Food and Nutrition Education Program (EFNEP). SNAP is funded by the U.S. Department of Agriculture Food (USDA/NIFA).



Virginia Tech • Virginia State University
Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnis, Administrator, 1890 Extension Program, Virginia State University, Petersburg.