

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. Sauté 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.

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