



Pick a better snack™

September 2015

Zucchini

Zucchini is a summer squash that grows well in Iowa, and many gardeners find themselves with more zucchini than they know what to do with. There are many ways you can use zucchini. Wash, slice and eat it raw for an easy snack. Cook zucchini using this recipe for a quick vegetable side-dish. Use the seasonings below or season as you like. Zucchini has a mild flavor, so don't hesitate to serve it to your family. You may be surprised how well kids like it!

Sautéed Zucchini

Serving size: ½ cup Serves: 4

Ingredients:

- 4 zucchini, 6" long (about 1 pound), unpeeled
- 1 tablespoon vegetable oil or canola oil
- pinch of salt, pepper, garlic, oregano and/or thyme

Directions:

1. Wash zucchini. Leave the skin on. Cut off both ends of the zucchini. Cut the zucchini in half lengthwise (the long way). Then cut each half into pieces, about 1/2 inch to 1 inch.
2. Heat 1 tablespoon of vegetable or canola oil in a pan over medium heat.
3. Add the zucchini. Add a pinch of each seasoning. Stir occasionally, and cook for about 5 minutes until zucchini is tender but not mushy.

Tip: This recipe works well for yellow summer squash too. Zucchini and yellow squash can be cooked together. Sprinkle grated parmesan cheese on top immediately after cooking for another great flavor.

This recipe is adapted from Spend Smart. Eat Smart. You can find more easy and healthy recipes at: www.extension.iastate.edu/foodsavings/.

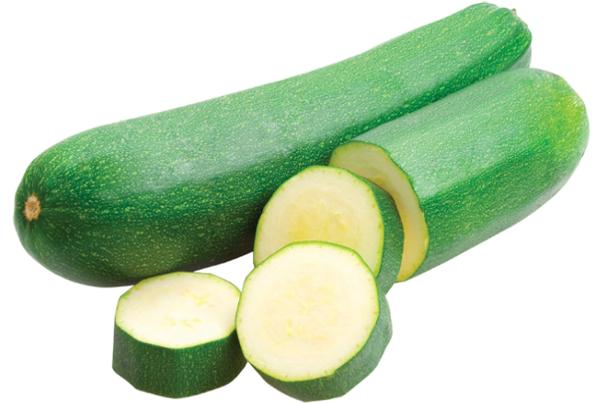
Funded by USDA's SNAP, an equal opportunity provider and employer, in collaboration with the Iowa Departments of Human Services and Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to dhs.iowa.gov/food-assistance for more information.

Zucchini Tips

Selecting: Choose firm, slender bright-green zucchini, about 6-8 inches long and about 2 inches in diameter for the best quality. Skin should be free of wrinkles and soft spots. Larger zucchini is better for shredding and adding to baked products such as zucchini bread.

Storing: Refrigerate zucchini for 4-5 days in a plastic bag. Wash before preparing.

Buying: You can buy zucchini and yellow summer squash for about \$.99 - \$1.50 per pound.



Wash. Bite. How easy is that?