



# ZUCCHINI

## BUYING & STORING

- Choose firm, slender zucchini with a bright green color that does not have wrinkles or soft spots.
- Store unwashed zucchini in a plastic bag in the refrigerator. (For longer life, poke about 20 small holes in bag.)
- Use zucchini within one week. Wash zucchini with cold water just before using it.

## FREEZING

Grate zucchini (with or without skin) and place in freezer container or plastic freezer bag. One or two cups is an easy amount to thaw and use. Use within 6 months.

## Too Much Zucchini? Try these ideas:

- Chop or grate and add to omelets
- Add grated to muffins or cookies
- Add sliced zucchini to stir fry
- Add to vegetable soup
- Grill sliced zucchini
- Add to lasagna

### Nutrition Facts

Zucchini is very low in calories (more than 95% water) and a good source of vitamin C, fiber, potassium and magnesium.

## Mexican Frittata

Yield: 4 servings

- 2½ small zucchini (½ pound)
- ½ cup green pepper, chopped
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon vegetable oil
- 6 large eggs, beaten
- ½ cup grated mozzarella cheese
- ¼ cup grated parmesan cheese
- ¼ teaspoon black pepper
- 1 hot pepper, chopped (optional)

1. Wash zucchini, trim and discard ends. Cut each zucchini into 4 strips and then into ¼ inch slices. In large bowl, combine zucchini, bell pepper, onion, garlic, and pepper.
2. Heat oil in skillet over medium heat. Add vegetables; cook. Stir frequently, until crisp-tender, about 4 minutes.
3. While vegetables are cooking, beat together eggs and cheeses in bowl.
4. Shake the skillet to make the vegetables even in the pan. Pour egg mixture over vegetables and shake skillet again. Put lid on pan and cook 5 to 7 minutes or until egg on top is solid. Sprinkle with black pepper.
5. To serve, loosen edges of frittata with spatula. Cut into four wedges and serve immediately.
6. Serve with salsa, whole wheat toast and milk.

## Stuffed Zucchini

Yield: 6 servings

- 3 medium zucchini (straight, plump zucchini work best)
- 2 Tablespoons vegetable oil
- ½ cup finely chipped onion
- 1 pound ground beef
- 2 teaspoons salt
- ½ teaspoon pepper
- 1 teaspoon oregano
- ½ cup canned tomato sauce

1. Preheat oven to 350°F. Lightly grease baking sheet.
2. Wash zucchini, trim and discard ends. Cut in half lengthwise; spoon out the seeds.
3. Heat vegetable oil in skillet over medium heat. Add onion and cook until soft, about 5 minutes.
4. Add beef and cook until no longer pink. Stir frequently to break up pieces. Stir in salt, pepper and oregano.
5. Stuff the zucchini shells with meat mixture. Place on baking sheet; cover with tomato sauce.
6. Bake for 40 minutes.

## Fried Zucchini

Yield: 2 servings

- 1 medium zucchini
- 1½ cups milk
- ¼ cup vegetable oil
- ½ cup cornmeal
- ½ cup flour
- 1 teaspoon seasoning salt

1. Slice zucchini in ½" thick rounds; soak in milk for ½ hour or more.
2. Heat oil in a skillet on medium heat. Lift zucchini slices out of milk; dip both sides of each slice in breading mixture of cornmeal, flour and seasoning salt (chicken-type seasoning is good).
3. Place slices in hot oil and fry until golden; turn and repeat. Do not overcook.

## Zucchini Bread

Yield: 2 loaves • Serving: 1/12 of loaf

- 3 eggs, beaten
- 2 cups sugar
- 2 cups grated zucchini (leave peel on, adds color to bread)
- 1 cup vegetable oil
- 2 teaspoons vanilla
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon baking powder
- 1 teaspoon salt
- 2 teaspoons cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon cloves
- ½ cup chopped nuts (optional)

1. Preheat oven to 325°F. Lightly grease bread pan or 2 loaf pans.
2. In a large bowl, beat eggs and sugar together. Add zucchini, oil and vanilla; mix well.
3. In a separate bowl, combine flour, baking soda, baking powder, salt, cinnamon, nutmeg and cloves. Mix thoroughly.
4. Add dry ingredients to wet ingredients. Mix only until blended. Stir in nuts if using.
5. Bake 1 hour in well greased bread pan, or two smaller loaf pans.

☆Tip: Bread will freeze well for later use.

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