



# Zucchini

Vegetable - Summer Squash

## Food Facts

**Serving Size** ≈ 1 cup, cooked, sliced or diced

- **FRUIT!?** - While it's widely used in cooking as a vegetable; Botanically, it's a fruit!
- **Storage** - Store in crisper drawer in fridge for 1-2 weeks . If it has black, white, or dark brown spots toss it!
- **Vegetables** - Vegetables provide important nutrients like potassium, folate, fiber, Vitamin A and Vitamin C. All vital for the health and maintenance of the body.



## How to Use

- **Grate it & Bake it** - Can be grated and baked into your favorite desserts like pancakes, muffins, breads, and cakes!
- **Stuffed** - Zucchini can be stuffed with beans and lentils or used as a boat for any baked side dish.
- **GBRS** - Grill it, Bake it, Roast it, or Steam it! So many ways to prepare Zucchini!

# Zucchini Saute

Serves: 5

## Ingredients

- 1 1/4 pounds (3 Medium)** - Zucchini
- 1/2 tsp** - Olive Oil
- 1 tbsp** - Oregano Dried
- 2 cloves** - Garlic finely chopped
- 1 tsp** - Lemon Peel grated
- 1 tbsp** - Parmesan Cheese grated
- 1/4 tsp** - Black Pepper Ground



## Instructions

1. Cut zucchini in half crosswise, then cut each half into 4 lengthwise sticks.
2. Heat oil in a heavy nonstick skillet over medium-high heat.
3. Add oregano and garlic, and sauté for about 2 minutes.
4. Add zucchini and lemon peel, and sauté for about 3 minutes until zucchini is lightly browned.
5. Mix in Parmesan cheese and pepper. Serve warm.

### Nutrition Facts

Serving Size 1.00 cup  
Serving Per Container 5

Amount Per Serving

Calories 32

% Daily Value\*

<b>Total Fat</b> 1 g	1%
<b>Sodium</b> 31 mg	1%
<b>Total Carbohydrate</b> 5 g	2%
Dietary Fiber 2 g	7%
<b>Protein</b> 2 g	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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