

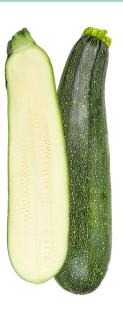
Zucchini

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

11/4 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

- Cut zucchini in half crosswise, then cut each half into 4 lengthwise sticks.
- 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*
Total Fat 1 g	1%
Sodium 31 mg	1%
Total Carbohydrate 5 g	2%
Dietary Fiber 2 g	7%

Protein 2 g

This institution is an equal opportunity provider



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