

Z U C C H I N I

Why is Zucchini good for you?

- Provides many nutrients.
- Has an edible thin green skin, creamy white flesh and soft seeds.
- A versatile food you can eat raw or cooked and even use in baked goods.
- A medium sized zucchini contains just 33 calories.
- Nutrient-dense and very good for your overall health.

Vitamins

- *An excellent source of two antioxidant vitamins that help boost your immunity and support health aging.*
- *Rich in Vitamin A.*
- *A great source of potassium. A zucchini has more potassium contained in it than a banana.*
- *Provide between 39-46% of your daily recommended Vitamin C.*

Fun Facts!

- Zucchini can help prevent cancer and heart disease.
- The world's largest zucchini on record was 69 ½ in. long and weighed about 65 lbs.
- The word zucchini comes from "zucca" the italian word for squash.

Shopping Tips

What to look for in the store

Zucchini that are no longer than 6 in, one to two in in diameter. Zucchini should have firm, shiny, and slightly prickly skin, be free of cuts and blemishes, and have at least one in of stem attached.

Avoid

Longer and bigger zucchini that are soft or have cuts and blemishes.

Storing Zucchini

Store zucchini, unwashed, in a perforated plastic bag in the crisper drawer of refrigerator up to 5 days. If zucchini starts to wilt, use immediately. Cooked zucchini should be covered, refrigerated and used within two days. To freeze zucchini, slice into rounds, boil for two minutes, plunge into cold water, drain, and seal in airtight containers or baggies. Frozen zucchini may be kept up to one year.



Chocolate Zucchini Cupcakes

Ingredients:

1 cup zucchini, grated 1-1/2 cups applesauce, unsweetened 1 teaspoon vanilla extract ½ cup agave nectar, divided ¼ cup brown sugar 1 cup whole wheat flour ½ cup all purpose, unbleached flour ¼ cup, flaxseed, ground ½ teaspoon baking powder, low sodium.

Directions:

Preheat oven to 350°F and line muffin cups with paper liners.

1. Put grated zucchini in paper towels and squeeze out as much water as possible. Set aside.
2. In large mixing bowl, add applesauce, vanilla extract, ¼ cup agave and mix thoroughly.
3. Add flours, baking soda, baking powder, flaxseed, 1 teaspoon cinnamon and other spices, and mix well. Add cocoa and mix thoroughly.
4. Add zucchini mixture and stir thoroughly.
5. Fill paper liners with chocolate zucchini batter to ¾ full. Bake for approximately 20 minutes or until a toothpick comes out clean from the center of cupcake.
6. Mix ¼ cup agave with ½ teaspoon cinnamon in small bowl. Before serving, drizzle agave mixture over cupcakes as icing and enjoy!

Serving size: 1 cup cooked

Did you know??

- *You can substitute zucchini for pasta.
- *You can eat the blossoms.
- *Zucchini is not always green.
- *It is not necessarily a vegetable, it has been considered a fruit because of the seeds inside.