

ZUCCHINI

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Zucchini are a type of summer squash like yellow squash.
- Zucchini are technically fruits but are usually prepared in savory dishes like a vegetable.
- Select firm, medium sized, slender zucchini that are bright in color and free of wrinkled skin. Zucchini can be yellow or green.
- 1 cup of sliced raw zucchini contains:
 - 33% of your recommended daily value of vitamin C to help heal wounds and to keep teeth and gums healthy
 - 9% of your recommended daily value of vitamin B6 to support the body's metabolism and immune system



PREPARE

Wash zucchini and cut off ends before eating. The peel is edible and a great source of fiber. Zucchini can be eaten raw or cooked.

Try zucchini:

- *Marinated and grilled*
- *Added* to your favorite lasagna or pasta dish
- *Baked* into a sweet bread
- *Grated* into noodles as an alternative to pasta
- *Stir-fried* with other vegetables

STORE

- To refrigerate. Store unwashed zucchini in a perforated plastic bag for up to 4 days.
- To freeze: Cube zucchini and cook in boiling water for 3 minutes. Chill in ice water and freeze in an airtight container for up to 1 year.