

Zucchini

Arkansas Grown

History

Zucchini is a member of the cucumber and melon family. Inhabitants of Central and South America have been eating zucchini for several thousand years, but the zucchini we know today is a variety of summer squash developed in Italy.

Storage Tips

- The flesh of summer squash is weak and tender and can bruise easily, so be careful when handling it.
- Do not wash zucchini before storing it. Poke a few holes in a plastic bag to allow the air to flow, and put the squash in the bag. The crisper drawer at the bottom of the refrigerator is the ideal spot for the squash. Zucchini will last for up to a week stored this way.
- Zucchini can be stored for up to 6 or 8 months in the freezer, but when you thaw it out it will be runny. Thaw it and drain all the liquid off it before using it in cooking.

Nutrition Information

Zucchini's are a good source of Potassium, which helps reduce blood pressure and heart rates, and are rich in Calcium, Vitamin C, and antioxidants. It is often used in weight reduction and cholesterol control programs.

1 cup, chopped zucchini

Calories: 19.8	Dietary Fiber: 5%
Fat: 0.2g	Vitamin C: 25%
Carbohydrates: 4.2 g	Potassium: 325 mg
Sugars: 2.1 g	Sodium: 12.4 mg

Zucchini Parmesan

- 1/2 to 1 teaspoon minced garlic
- 1 tablespoon olive oil
- 4 medium zucchini, cut into 1/4-inch slices
- 1 can diced tomatoes, undrained
- 1 teaspoon seasoned salt
- 1/4 teaspoon pepper
- 1/4 cup grated Parmesan cheese

In a large skillet, saute garlic in oil. Add zucchini; cook and stir for 4-5 minutes or until crisp-tender.

Stir in the tomatoes, seasoned salt and pepper. Simmer, uncovered, for 9-10 minutes or until liquid is absorbed and mixture is heated through. Sprinkle with Parmesan cheese. Serve with a slotted spoon.

Yield: 6 servings.

Cut out this recipe and glue it to a note card for future reference!

How to Pick Them

Look for summer squash that are firm and heavy for their size; the skin should be brightly colored and blemish-free. Because they are harvested earlier, smaller squash are more tender than larger ones and have thinner skins; choose squash that are less than eight inches long.



This item and others like it can be purchased with your EBT card at your local farmer's market or grocery store.