

ZUCCHINI



Fresh Fruit & Vegetable Program

Nutrition Facts

Serving Size 1 cup (113g)

Calories	20	% Daily Value
Total Fat	0g	0%
Sodium	10mg	0%
Total Carbohydrate	4g	1%
Dietary Fiber	1g	4%

Protein 1g

Health Benefits

- Provides potassium, an electrolyte that helps maintain fluid balance and keeps your muscles working properly.
- Great source of vitamin C which helps repair body tissue.
- High in vitamin A — promotes healthy eyes and skin.

DIFFERENT USES

- Grate zucchini and use in a zucchini bread recipe.
- Top sliced zucchini with tomatoes and cheese for a refreshing snack
- Sauté and mix with whole grain pasta, brown rice or quinoa.
- Stuff a quesadilla with zucchini.
- Make a “boat” by cutting it in half lengthwise, scooping out the inside, and filling with rice and lean ground beef. Bake in the oven.

FUN FACT

- Zucchini is a type of summer squash. It is usually dark green, but can also be light green, yellow, multi-colored, or even striped.
- Small to medium sized zucchinis are the most flavorful and the darker the skin, the richer the nutrients.
- The flowers of the zucchini plant are edible. Fried squash blossoms are a delicacy in some areas.
- The biggest zucchini on record weighed 65 pounds!