

Zucchini

Hello Families,

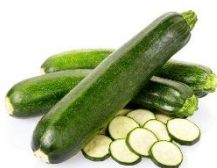
Pick a **better** snack™ is a program from Iowa State University Extension and Outreach Cerro Gordo County. Each month 2nd grade students learn about a variety of snacks and healthy living.

To learn more about zucchini, watch Eating Healthy with Michelle. The video can be found at <https://www.youtube.com/watch?v=DPLJ7dS1Bt4&feature=youtu.be>. For more facts and recipes check out IDPH Pick a Better Snack at <https://idph.iowa.gov/inn/pick-a-better-snack> and Spend Smart. Eat Smart. <https://spendsmart.extension.iastate.edu/>

Happy snacking! – Michelle Schubert

Facts

- Zucchini is actually a fruit but is considered a vegetable in our diets because we cook and prepare it like we do other vegetables.
- Zucchini is also known as summer squash.
- It has a short growing season.
- Grows on a vine with large, dark green leaves.
- It is a good source of vitamin C.



How to Pick 'Em

- Choose zucchini that is
 - Bright green
 - Firm and gives to slight pressure
 - Smooth
 - Shiny skin
 - Heavy for its size
- Zucchini is best picked small, 6-8 inches long.
- Should be free of bruises, cuts, and wrinkled skin.
- Zucchini will last for 1 week in the refrigerator in a plastic bag.
- Cut up zucchini will last for three days in a bag or container in the refrigerator.



Try it at Home

- Zucchini has a mild flavor that makes it a great fit for a variety of dishes.
- Enjoy it raw in a salad, sautéed in a dish, grilled, or baked into breads.

Zucchini Pizza Bites

Ingredients:

- 2 large zucchini
- Salt and pepper to taste
- 1/4 cup pizza sauce
- 1/2 cup shredded part-skim mozzarella
- 1/4 cup mini pepperonis
- Sprinkle of Italian seasoning (optional)



Directions:

1. Preheat oven to 400 degrees.
2. Cut zucchini into 1/4 inch thick rounds.
3. Spray both side of zucchini rounds with non-stick cooking spray, place on baking sheet.
4. Sprinkle zucchini with salt and pepper to taste.
5. Roast zucchini rounds for 5 minutes on each side.
6. Top each round with a small amount of pizza sauce, a sprinkle of cheese, and pepperoni pieces. Roast for an additional 5 minutes or until cheese is melted.
7. Sprinkle with Italian seasoning and serve.

Recipe from: North Dakota State University

<https://www.ag.ndsu.edu/food/recipes/vegetables/zucchini-pizza-bites>

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