

# To Your Health

## August 2010

With zucchini overflowing in my garden, I remembered this blog entry and recipe from the *Spend Smart Eat Smart* website (June 1, 2010):

I love this [Zucchini Pie recipe](#). Sometimes I double the recipe and eat it for breakfast, lunch, and dinner when zucchini are in season, which in Iowa won't be long now. The portions are large, but the calories are modest because zucchini is 95% water. One cup of chopped zucchini has only 20 calories, 0 fat, 1 g fiber, almost no sodium, and 35% of the vitamin C you need in a day. If you would like to see Liz making the recipe, tune in to the [video](#) on our [Spend Smart. Eat Smart. site](#).

Because summer squash develop very rapidly after pollination and they are hard to see under the plant's large leaves, they are often picked when they are too large and overmature. They should be harvested when small and tender for best quality. Most elongated varieties are picked when they are 2 inches or less in diameter and 6 to 8 inches long. Patty Pan types are harvested

when they are 3 to 4 inches in diameter. To store summer squash, harvest small squash and place, unwashed in plastic bags in the crisper drawer of the refrigerator. Wash the squash just before preparation. As with most vegetables, water droplets promote decay during storage. The storage life of summer squash is brief, so use within two to three days. (pointers from Peggy Martin)

### Zucchini Pie

Makes 6 servings (2"-3" square each)  
Cost: \$4.20 for whole recipe/ \$0.70 per person

#### Ingredients:

1 or 2 zucchini, sliced (about 10 cups)  
1 tablespoon olive oil  
2 onions, sliced  
2 eggs  
1/4 cup seasoned bread crumbs  
2 teaspoons Italian seasoning  
1/4 teaspoon ground black pepper  
1 14.5-ounce can diced tomatoes  
1 cup shredded mozzarella cheese (8 ounces)  
1/4 cup grated Parmesan cheese

Optional: If you have fresh mushrooms or peppers, you can substitute them for some of the zucchini

#### Directions:

1. Preheat oven to 325°F. Grease a large casserole or 9x13-inch pan; set aside.
2. Wash zucchini and discard ends. Cut into slices (about 10 cups). If using large zucchini, cut in half lengthwise and remove seeds before slicing.
3. Heat oil in large skillet over medium heat. Add zucchini and onion slices and cook for 10 minutes. Remove from heat.
4. In bowl, stir together the eggs, bread crumbs, Italian seasoning, and pepper.
5. Add undrained tomatoes, and cheeses. Pour over zucchini mixture and stir to mix.
6. Pour into casserole. Bake uncovered for 60 minutes. Top will be golden brown.
7. Cut into squares. Serve.

Per Serving: 210 calories, 10 g fat, 650 mg sodium, 22 g carbohydrate, 4 g fiber

See this recipe being prepared on the Spend Smart website at:  
[http://www.extension.iastate.edu/foodsavings/prepare/zucchini\\_pie.htm](http://www.extension.iastate.edu/foodsavings/prepare/zucchini_pie.htm)



*Want to make cooking easier, more fun and feel better about what you are feeding yourself and your family? A kitchen makeover may be just what you need!*

## **KITCHEN NEED A MAKEOVER?**

Try this makeover test to discover if YOUR kitchen needs a makeover.

1. I have enough food right now to make meals for the next 2 days.  
a) True, or b) False
2. My knives are sharp enough to cut a tomato and big enough to cut a melon.  
a) True, or b) False
3. I have a big clean cutting board that doesn't slip.  
a) True, or b) False
4. I have enough room on the counter right now to make dinner without shuffling things.  
a) True, or b) False
5. My freezer is full of food that no one will ever eat.  
a) True, or b) False

If you answer false to more than one item below you need a kitchen makeover. Read below.

Here are 5 ways most people's kitchens sabotage their efforts to put out a healthy meal quickly and easily:

**1. Food** – You have to have the right food on hand so you can cook/eat instead of reheat or go out. Veggies in the freezer, grains in the pantry, salad and fruit in the fridge. Remember those four items and you can always make something tasty in a short amount of time.

**2. Cut** – How can you cut anything if you don't have a good cutting board and knife? You need a few sharp knives and a good non-slip cutting board. Serrated knives are cheap and they never go dull. Better still are the plastic ones you can put in the dishwasher. Cutting boards are now available with nonslip corners and they are also plastic for the dishwasher.

**3. Cook** – To be able to cook faster and lower in fat – what 3 things do you need? A nonstick skillet, a

microwave and a toaster oven. These three things can really make a difference. A nonstick skillet can be used to prepare most of the meals you make. A microwave is essential for vegetables that are cooked quickly in a little water – this way you preserve your patience and the color and flavor of the food. They are also great for reheating things. And the toaster oven is great for browning, broiling, and baking quickly.

**4. Work** – How are you going to get anything done if you don't have room to work? Clear off the counters and make sure you have room for the three key areas of your kitchen: preparing, cooking, and cleaning. It is even better if these areas can be separate.

**5. Fun** – If you have plates, cups, and serving pieces that look good and are enjoyable to use, you just might be tempted to cook more often.

Adapted from: August 2010 Food for Fitness and Fun, ISU Extension Source: *Communicating Food for Health, August 2010*

**ISU Extension Home Food Preservation Resources**  
<https://www.extension.iastate.edu/healthnutrition/food/preservation>

### **Iowa State University Extension Food Preservation Publications**

- [Preserve Food Safely](#) - N 3332
- [Canning and Freezing Tomatoes](#) - PM 638
- [Freezing Prepared Foods](#) - PM 799
- [Canning Fruits](#) - PM 1043
- [Canning Vegetables](#) - PM 1044
- [Freezing Fruits and Vegetables](#) - PM 1045
- [Making Fruit Spreads](#) - PM 1366
- [Making Pickles and Pickle Products](#) - PM 1368

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