

# Zucchini

## Benefits of zucchini:

- Low in calories
- High in Vitamin C and B6
- High in manganese

## When are they in season?

- Harvested during July through September in Wisconsin.

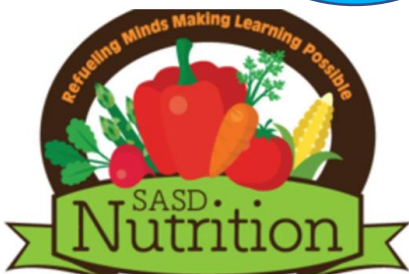
## Food Safety for zucchini

**Wash** zucchini with running water. Cut out damaged or bruised areas.

**Store** zucchini in the refrigerator.

**Separate** zucchini from meat. Use different cutting boards for meats and fruits.

Did you know... the flowers of a zucchini plant are edible just like the zucchini squash itself.



### Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

By:Nagi, Nagi, Nagi, A., Author.; Says, K., McD, K., . . . Deering, B. (2020, November 13). Quick & Easy Baked Zucchini. Retrieved January 18, 2021, from <https://www.recipeineats.com/baked-zucchini/>

Pictures: Creative Commons

## Baked zucchini

Serves 5

### Ingredients

- 4 large zucchinis
- 2 tablespoons olive oil
- ½ teaspoon each salt and pepper
- 2 tablespoon breadcrumbs
- 2 tablespoon parmesan

### Directions

1. Preheat oven to 450 degrees.
2. Trim the ends off the zucchini. Cut into sixths (halve, then cut each half into 3 lengthwise to make 6 long “wedges”).
3. Put zucchini on the tray.
4. Drizzle with 1 tablespoon of oil. Add salt and pepper. Mix.
5. Line up in two rows, so they’re touching each other, with the skin side down.
6. Sprinkle evenly with breadcrumbs, then parmesan. Drizzle with 1 tablespoon oil.
7. Bake 12 minutes until the parmesan is golden and zucchini is soft.
8. Serve.



### Other Ideas:

- Zucchini noodles
- Zucchini bread