

zucchini

select

Choose zucchini with a shiny, firm skin with no cuts or bruises.

store

Store zucchini in a plastic bag in the refrigerator. Use within 4 to 5 days. Do not wash until you are ready to use it.

prepare

Scrub zucchini with a soft vegetable brush or remove their peel with a vegetable peeler.

2 medium zucchini = 1 cup cooked



baked zucchini sticks

- 4 medium zucchini
- 2 eggs
- 1/2 cup water
- 1/4 cup finely grated Parmesan cheese
- 1 1/2 cup bread crumbs
- 1 tablespoon dry Italian herbs

- step 1** Cut zucchini into long sticks, about 3 inches long.
- step 2** Microwave zucchini for about 3 minutes. Pat zucchini sticks dry with a paper towel.
- step 3** Mix eggs and water together in a small bowl. Mix cheese, bread crumbs and herbs together in another small bowl.
- step 4** Dip zucchini sticks first into the egg mixture, and then into the bread crumb mixture.
- step 5** Arrange zucchini in rows on a metal baking sheet that has been sprayed with a cooking spray. Broil zucchini sticks for about 12 to 15 minutes, turning once while cooking.

Makes 4 servings - One serving (8 sticks) has 195 calories, 5 gms fat, 311 mg sodium and 3 gms fiber.



zucchini bread

- 1 1/4 cups sugar
- 2/3 cup applesauce
- 1/3 cup vegetable oil
- 3 eggs
- 3 teaspoons vanilla
- 3 cups flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 teaspoons cinnamon
- 2 cups shredded zucchini

- step 1** Beat the sugar, applesauce, oil, eggs and vanilla together in a large bowl.
- step 2** Stir in flour, baking powder, baking soda, salt and cinnamon until blended. Stir in the shredded zucchini.
- step 3** Pour the batter into two 8 x 4 inch loaf pans that have been sprayed with a cooking spray. Bake in a 350° oven for 45 minutes or until a toothpick inserted in center comes out clean.

Makes 2 loaves - One serving (2 slices) has 327 calories, 8 gms fat, 353 mg sodium and 1.5 gms fiber.



zucchini stir fry

Heat 1 tablespoon of vegetable oil in a large skillet. Add 2 cups chopped zucchini, 2 cups chopped peppers, 1 cup chopped onion. Stir and fry for 4 to 5 minutes. Season with soy sauce, garlic powder and grated parmesan cheese.

