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 (2 slices) has 106 calories, 8 gms fat, 311 mg sodium and 3 gms fiber.

zucchini bread

1 1/4 cups sugar
3/4 cup applesauce
1/2 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, 18 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.