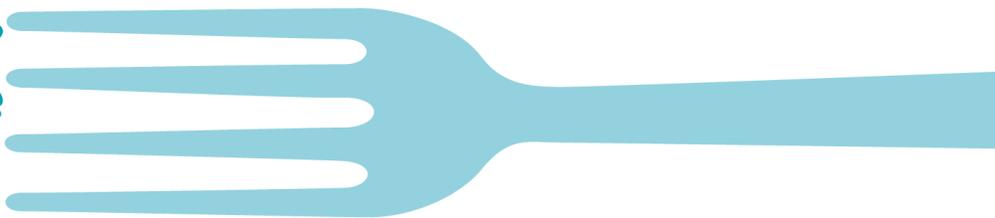


# Harvest of the Month



August



Zucchini



## Pick:

- Choose zucchini that are heavy for their size.
- The skin should be firm and free of cuts and bruises.
- Zucchini is a type of summer squash – other varieties may be round or yellow in color. They can be used interchangeably in recipes.

## Store:

- Store zucchini in a plastic bag in the refrigerator and use within a few days.

## Prepare:

- To prepare zucchini, wash and cut off both ends then slice as desired.
- The peel and seeds are edible.

## Nutrition Info

One cup of zucchini has 20 calories.

Zucchini provides vitamin C, manganese and molybdenum.

## Fun Facts

The flower of the zucchini plant is also edible. Fried squash blossoms are considered a delicacy.

Bigger is not necessarily better. Small to medium sized zucchinis have the most flavor.

## Uses

Grated zucchini can be used in breads, muffins and salads.

Make a vegetable medley on the grill with zucchini, onions, garlic and bell peppers.

Sauté zucchini, yellow summer squash, mushrooms, tomatoes, and onions in olive oil. Serve with pasta.

## Family Friendly Activities

Next time you're at the grocery store, play the "I spy" game with your children. How many different types of squash can they find?

Compare the difference between summer squash (zucchini) and winter squash (acorn, butternut, and spaghetti).

Have your children help mix the batter for zucchini muffins, cookies or quick breads.

## Nutrition Facts

Serving Size 1 cup (272g)  
Servings Per Container 6

Amount Per Serving

Calories 190    Calories from Fat 60

% Daily Value\*

Total Fat 6g    9%

Saturated Fat 2.5g    13%

Trans Fat 0g

Cholesterol 10mg    3%

Sodium 580mg    24%

Total Carbohydrate 26g    9%

Dietary Fiber 6g    24%

Sugars 6g

Protein 10g

Vitamin A 15%    • Vitamin C 70%

Calcium 20%    • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Zucchini Tex Mex

Serves 6 (1 cup per serving)

### Ingredients:

- 1 Tbsp. olive oil
- 1 medium onion, finely chopped
- 5 garlic cloves, minced
- 1 medium bell peppers, chopped
- 1 cup fresh or frozen corn
- 1 (15 oz) can black beans, drained and rinsed
- 1 (14.5 oz) can diced tomatoes, drained
- 1 medium zucchini, diced
- 1 package (1.25 oz) taco seasoning
- 1 cup shredded cheddar or jack cheese
- 1 cup cilantro, chopped

### Directions:

Preheat a large skillet on low-medium heat and add olive oil. Add onion and garlic, sauté until translucent. Add peppers, corn, beans, tomatoes, zucchini, taco seasoning; mix well and cook for 10 minutes. Transfer to an 8x8 inch baking dish and top with cheese; bake at 350 degrees for 5-10 minutes or until cheese is brown. Top with cilantro. Serve as a side dish with tortilla chips or add chicken and rice for a complete meal.

For more information on Farm2School & Foot Steps to Health visit:  
[www.GetActiveLacrosse.org!](http://www.GetActiveLacrosse.org)

Color a  
Zucchini!

