

# Taste Test: Zucchini



Zucchini is a delicious summer squash. Zucchini can be dark or light green. A related hybrid, the golden zucchini, is a deep yellow or orange color. They are plentiful in the late summer and fall months and grow easily in a Canadian climate. Zucchini is usually picked when under 20 cm (8 in.) in length, when the seeds are still soft and immature. Mature zucchini can grow to more than 1 meter!

## Food Fact

Zucchini contains a high amount of folate, vitamin A and potassium.

### How to Choose:

- Look for a zucchini that is firm and dark green.
- Look for zucchinis that are 6-8 inches in length and relatively thin.

### How to Prepare:

- Wash the zucchini by running it under cold water.
- You can cut the zucchini into chunks, slices, or spiralize it for zucchini noodles.
- Zucchini is versatile: it can be cooked, steamed, boiled, grilled, stuffed and baked, barbecued, fried or incorporated into other recipes.

### How to Store:

- Refrigerate for up to a week in a loosely tied plastic bag.
- Do not cut the zucchini until you are ready to cook or freeze it.

### Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

## I Tried It!

My Rating (circle one):



Would you like to try zucchini again?

YES     NO

## Ideas for Serving Zucchini:

- Zucchini can be cut into noodle-like spirals and served as a low carb substitute for pasta.
- Zucchini can be baked into bread or incorporated into a cake mix.
- You can cut zucchini into potato-like chunks, sprinkle with salt and pepper and bake until cooked.

### Skillet Mexican Zucchini

Makes 4 servings

#### Ingredients:

- 1 garlic clove
- 1 Tbsp olive oil
- 1 lb zucchini, diced
- 1 large tomato, seeded and diced
- 1 green onion
- 1 Tbsp fresh cilantro
- 1 tsp jalapeno
- ½ cup crumbled feta
- Fresh lime juice, salt, and pepper to taste



#### Directions:

1. Cook the garlic in oil in a large skillet over medium heat for 1 minute, stirring until sizzling.
2. Add zucchini and cook, stirring occasionally, about 3 minutes or until slightly softened.
3. Add the tomato and green onion and cook for about 3 minutes.
4. Remove skillet from heat and add cilantro, jalapeno, and lime juice.
5. Season with Salt and pepper to taste, and top with feta. Serve hot.

Recipe adapted from <https://www.skinnytaste.com/skillet-mexican-zucchini/>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at [info@appleschool.ca](mailto:info@appleschool.ca).

<sup>1</sup>EaTracker.ca. Recipe Analyzer. [http://www.eatracker.ca/recipe\\_analyzer.aspx](http://www.eatracker.ca/recipe_analyzer.aspx) Accessed January 26, 2018.

