

FOOD FACTS

Zucchini



NUTRITION

- One medium zucchini has only 25 calorie
- You probably hear a lot about calories. Calorie is a term used to describe the energy content of food. Calories aren't bad for you. Your body needs them to function but eating too many calories-and not burning them through physical activity- can lead to weight gain. It is important for everyone to eat foods that are high in vitamin and minerals and low in calories (like fruits and vegetables) to keep us at our best health.

DYK

- The flower of the zucchini is also edible
- Zucchini has more potassium than a banana
- The word zucchini comes from "zucca" the Italian word for squash

PREPARATION & STORAGE

- Don't wash zucchini until you use it the zucchini last longer with its natural coating
- Mix zucchini, tomatoes and onion with a vinaigrette to make a delicious pickle salad.

Tomato & Zucchini Salad

Ingredients:

2-1/2 pound tomato cut into wedges
3 medium zucchini, halved lengthwise and thinly sliced
1/3 cup cider vinegar
3 tablespoons olive oil
1 tablespoon sugar
2 tablespoon fresh basil
Salt, to taste
Pepper, to taste



1. In a large bowl, combine tomatoes, zucchini and peppers. In a small bowl, whisk vinegar, oil, sugar and salt until blended, stir in herbs.
2. Dress just before serving.