



**HEALTHY to a "T"**

*September 2024*

# Harvest of the Month

## Zucchini



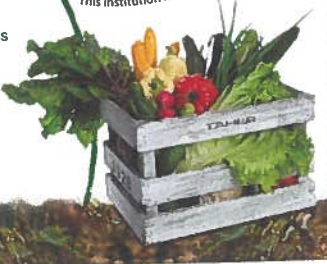
### FUN FACTS:

The Italians brought zucchini to the United States in the 1920s. It is exceptionally easy to grow.

The most flavorful zucchinis are small to medium-sized. The largest zucchini recorded was 69 inches long and weighed 65 pounds (huge!).

Zucchini contains over 90% water.

The nutrients found in zucchini can help prevent cancer and heart disease. For its anti-oxidant benefits, be sure to eat the seeds and the skin. And, you can eat the blossoms too!



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## Vegetarian Proteins

Many choose to eat a vegetarian diet whether it is a few days per week or daily for a lifetime. A challenge many have is consuming all essential amino acids, aka complete proteins. These proteins are 'essential' for a reason; they maintain health and proper function of your body. Although most complete protein sources are obtained from animal products, soy is one plant-based complete protein. So how do I get all essential amino acids following a vegetarian diet? There is a solution. Pair incomplete protein sources such as nuts, legumes, grains and vegetables to create a complete protein source. Here are some pair examples:

- Rice and black beans
- Hummus and whole-wheat crackers
- Quinoa and corn
- Whole-wheat bread and peanut butter
- Pasta and peas

Aim to eat a variety of plant-based proteins throughout the day, and you will get sufficient amounts of each essential amino acid.

*Melanie Wirth, RDN, LD, MBA,  
Corporate Dietitian, Taher, Inc.*

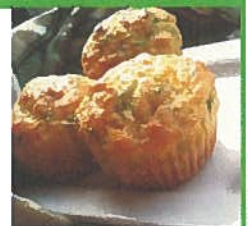
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### Savory Cheddar Zucchini Muffins 12 Muffins

- ¾ cups all-purpose flour
- 1 ½ teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- ¼ cup butter, melted
- 1 egg, lightly beaten
- 1 cup milk
- 1 cup shredded unpeeled zucchini
- 1 clove garlic, minced
- ¾ cup shredded Cheddar cheese
- ¼ cup freshly grated Parmesan cheese
- 4 slices of bacon cooked crisp and crumbled.

## HARVEST OF THE MONTH RECIPE - SEPTEMBER - Featuring Zucchini -

1. Preheat oven to 350 degrees F (175 degrees C). Spray 12 muffin cups with cooking spray.
2. Mix the flour, baking powder, baking soda, and salt in a bowl.
3. In another bowl, stir together the butter, egg, milk, zucchini, and garlic until well blended. Mix the flour mixture into the milk mixture, about 1/2 cup at a time, stirring between additions, until the flour mixture is incorporated. Fold in the Cheddar cheese, Parmesan cheese, and crumbled bacon, and pour the batter into the prepared muffin cups.
4. Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 30 to 35 minutes. Allow muffins to cool slightly before removing from muffin cups; serve warm. Refrigerate leftovers.



**NUTRITION SNAPSHOT:** 1 muffin, 180 calories, 9 g total fat, 6 g sat fat, 0 g trans fat, 46 mg cholesterol, 301 mg sodium, 14 g carbohydrate, 1 g fiber, 1 g sugar, 0 g added sugar, 7.5 g protein

