

Food Bytes

HEALTH & NUTRITION PROGRAM, SNAP EDUCATION



July 2015

Bushels of Zucchini



If you are lucky enough to know someone who grows zucchini, you probably have more zucchini than you know what to do with. It's everywhere! Zucchini is one of the fastest growing vegetables in the garden.

Zucchini is great for busy cooks. They can be eaten raw or cooked quickly. Zucchini does not need to be peeled. Just wash and slice!

Zucchini's mild flavor blends well in dishes. They taste good with sweet vegetables like bell peppers and carrots. They also taste wonderful in spicy dishes.

Zucchini are plentiful and cheap (or free!) during the summer. Make your food dollars go further - cook with zucchini!

- Add shredded zucchini to your favorite meatloaf or meatballs.
- Toss shredded zucchini into coleslaw.
- Add raw zucchini slices to your sandwich or salad.
- Serve zucchini slices with a low-fat dip. Try Ranch salad dressing.
- Bake breads or muffins with shredded zucchini.
- Make Italian zucchini. Heat small amount of olive oil in a skillet. Add chopped zucchini, onion and peppers. Cook over medium heat for 5 to 7 minutes, stirring constantly. Season with garlic salt and low sodium soy sauce. Sprinkle with parmesan cheese. Serve.

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ZUCCHINI ONION POTATOES

2-3 zucchini, sliced	Salt & pepper to taste
5 red potatoes, sliced	1-2 Tbsp oil
1 small onion, diced	A pinch of garlic powder

Sauté onions and potatoes in oil. Just before potatoes are done, add sliced zucchini, salt, pepper and garlic powder. Fry until potatoes and zucchini are golden brown.

Source: www.vegweb.com

FRUIT AND VEGETABLE BUYING GUIDE

July	July/August	August
Broccoli	Beans	Apples
Cauliflower	Beets	Cabbage
Greens/Lettuce	Blueberries	Melons
Green Onions	Carrots	Potatoes
Peas	Cucumbers	
Radishes	Kohlrabi	
Strawberries	Peppers	
	Raspberries	
	Summer Squash	
	Sweet Corn	
	Tomatoes	

Source: Minnesota Grown Directory www.minnesotagrown.com



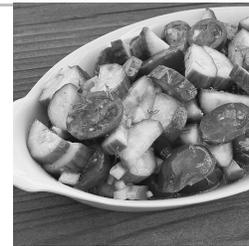
Cucumbers

Cucumbers eaten fresh are called slicing cucumbers. They have a light flavor and crunchy texture making them a wonderful addition to salads and vegetable platters. When purchasing cucumbers, look for those that are firm, without blemishes or soft spots. Waxed or wrapped cucumbers will keep for a week or two in a refrigerator; un-waxed cucumbers will keep for up to a week if wrapped loosely in plastic and stored in the crisper.

CUCUMBER TOMATO SALAD

1 cucumber, chopped	1 Tbsp oil
2 tomatoes, chopped	1 Tbsp vinegar
1 clove garlic, crushed	1 tsp dry basil
	Salt and pepper to taste

Mix all ingredients together and eat!



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<http://www.extension.umn.edu/family/health-and-nutrition/>