



If you grow zucchini, you probably have a garden full of zucchini jokes by now. My favorite is how you have to be sure to lock your car doors this time of year. This is to prevent someone from depositing a big box of this green vegetable in your backseat! Last week (August 8) was “Sneak Some Zucchini onto Your Neighbor’s Porch Night”. (I would have loved for some one to put it on my porch!) If you grow it, you may be looking for some new ways to prepare it. If you see it at the Farmer’s market or grocery store, you may be wondering if it’s worth buying. Because summer squash is immature, they are considerably lower in nutritional value than their winter counterparts. Generally, there is little variation in nutritional value between summer varieties. The peel is where many of the nutrients hide, so never peel summer squash. Although not considered a nutritional powerhouse, zucchini does offer some key nutrients.

Nutrition Facts (1 cup sliced, raw zucchini) Calories 16

Protein 1.31 grams

Carbohydrates 3.27 grams

Dietary Fiber 1.36 grams

Calcium 17 mg

Potassium 280 mg

Vitamin A 384 IU

Folate 25 mcg

Lemon Rosemary Zucchini

Featured in the revised edition of *The New American Plate from the American Institute for Cancer Research* (aicr.org)

Ingredients:

1 Tbsp. extra virgin olive oil

1 medium yellow bell pepper, diced

2 tsp. finely minced fresh rosemary (or 1 tsp dried)

2 cups chopped zucchini (2 medium)

1-3 tsp. freshly squeezed lemon juice, or to taste

Salt and freshly ground black pepper, to taste

Instructions:

In medium non-stick skillet, heat olive oil over medium heat. Add yellow pepper and rosemary and sauté 2 minutes. Add zucchini and salt and pepper, to taste. Continue to sauté for another 4 to 5 minutes or until zucchini is just tender. Remove from heat and stir in lemon juice.

Makes 4 servings

Nutritional Information:

Per serving: 46 calories, 3 g total fat (<1 g saturated fat), 4 g carbohydrate, 1 g protein, 1 g dietary fiber, 6 mg sodium.

I have been making this recipe for years! It's much lower in fat and calories and has more wholesome ingredients than traditional zucchini bread recipes. It's from the Spring volume of the AICR Cookbook series called "An Ounce of Prevention" (copyright 1986). The bread freezes well.

Zucchini Bread

3 eggs
1 cup sugar
1 Tbsp. vanilla
1/4 cup oil
1 tsp. cinnamon
2 cups raw zucchini, grated (about 2 large zucchini)
1 tsp. baking soda
1 Tbsp. baking powder
2 cups whole wheat flour
1 cup oatmeal

Beat eggs until foamy in mixing bowl; add sugar, vanilla, oil, and cinnamon. Combine baking powder, soda and flour. Fold flour mixture, oatmeal and zucchini into egg mixture. Mix well. Turn into lightly greased or sprayed loaf pans (5"x9").

Bake at 350 degrees for 60-75 minutes or until done. Remove from pan and cool on rack before slicing.

Per serving (1/12 of loaf): 112 calories, 3 gm fat

Quick Zucchini Delight

3 zucchini, sliced
1 onion chopped
1 clove garlic, minced
3 large tomatoes, chopped or 1 (14.5 ounce) can of tomatoes, peeled and diced
1/2 cup mozzarella, low fat Cheddar or feta cheese
Salt and pepper to taste

This dish can be sautéed on top of the stove or made in the oven. To make on stove top, spray skillet with cooking spray and sauté onion and garlic until tender. Add zucchini and cook until tender. Add

tomatoes and cook for 1-2 minutes or until heated through. To make in oven, slice zucchini and onion and place in glass baking dish. Add can of tomatoes and salt and pepper to taste. Sprinkle cheese over top. Place lid on or cover dish. Bake until tender. (350 degrees for 20 minutes)

Per Serving: 125 calories, 4 gm fat, 15 mg cholesterol, 336 mg sodium, 4 gm fiber and 8.5 gm protein.

Other uses for zucchini include in soup, quiche, pasta dishes, on kabobs, and in salads. So visit a farmer's market for zucchini (or help your neighbor out with his abundant crop!) and enjoy it in so many ways! It's truly a "versatile vegetable"!

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