



I have never heard of this unique celebration which this year will be held on August 8—“Sneak Some Zucchini onto Your Neighbor’s Porch Night”! I sure wish someone would leave zucchini on my porch as I enjoy it and I don’t grow it! <http://allrecipes.com/HowTo/Sneak-Some-Zucchini-Onto-Your-Neighbors-Porch-Night/Detail.aspx> This vegetable has quite a “reputation” but what about its health benefits? Zucchini is an excellent source of manganese and vitamin C and has significant amounts of folate, potassium, magnesium, fiber, copper, riboflavin and phosphorus. The rind contains the nutrient beta-carotene, so to get the most out of your zucchini, you should eat the rind. Many of these nutrients have been shown in studies to be helpful for the prevention of atherosclerosis and diabetic heart disease. Summer squash has been shown to be helpful for reducing the risk of heart attack and stroke and may also play a role in prevention of colon cancer, asthma, and conditions related to inflammation such as osteoarthritis and rheumatoid arthritis. So if you are lucky enough to get some zucchini left on your porch, enjoy it knowing it will benefit your health!

Zucchini is very versatile. It can be steamed, sautéed, grilled or baked. Try it on a homemade pizza, layered in lasagna, skewered on a kabob or stir-fried. It can also be cooked and pureed and added to soup or pasta sauce or grated and added to baked goods for moisture. Smaller zucchini are the most tender and flavorful and are best for serving by themselves. The larger ones (baseball bats!) can be stuffed, pureed or grated and added to other dishes. Here’s a tasty recipe for stuffed zucchini <http://allrecipes.com/Recipe/Stuffed-Zucchini-Boats/Detail.aspx> and another with a Middle Eastern flair: <http://allrecipes.com/Recipe/Middle-Eastern-Stuffed-Zucchini/Detail.aspx>

A Few Quick Serving Ideas:

Sprinkle grated zucchini or other summer squash on top of salads and sandwiches.

Make a summer squash medley by sautéing zucchini in a small amount of olive oil with yellow squash and canned or fresh tomatoes, onions, garlic and Italian spices. Once all the veggies are tender, sprinkle with shredded Parmesan cheese before serving.

Enjoy an easy to make ratatouille by healthy sautéing summer squash, onions, bell peppers, eggplant and tomatoes and then simmering the mixture in tomato sauce. Season to taste.

Serve raw summer squash with your favorite dips.

Add shredded zucchini or other summer squash to your favorite muffin or bread recipe; decrease the amount of liquid in the recipe by about one-third to compensate for the moisture present in the squash.

For using zucchini in a myriad of ways, see <http://www.basic-recipes.com/veget/zucchini.htm>

Check out the attached bonus summer newsletter for more health tips and recipes to keep you cool this summer!

The next lunch-and-learn will be Thursday August 30 from noon to 1 PM in 0331 Palmer on “Intuitive Eating: Rejecting Diets Forever and Develop a Healthy Relationship with Food”. Watch the Nutrition Clinic website for fall semester programs <http://www.fshn.hs.iastate.edu/nutritionclinic/>

Sally Barclay, MS RD LD
Nutrition Clinic for Employee Wellness
Iowa State University
27B MacKay Hall
Ames, IA 50011
(515) 294-9625
barclay@iastate.edu