



# A nutrition Fact Sheet



## Zucchini

### Nutrition Facts

Zucchini is very low in calories (more than 95% water) and a good source of vitamins C and B-6, fiber, and potassium.

### Buying and Storing

- Choose firm, slender, bright green zucchini without wrinkles or soft spots.
- Store unwashed zucchini in a plastic bag in the refrigerator. (For longer life, poke about 20 small holes in bag.)
- Use zucchini within one week. Wash zucchini with cold water just before using it.
- To freeze zucchini, grate zucchini (with or without skin) and place in freezer container or plastic freezer bag. One or two cups is an easy amount to thaw and use. Use within 6 months.

### Preparing and Cooking

**Preparing:** Wash well and cut off ends. Zucchini does not need to be peeled before it is eaten. Cut into rounds, half-rounds, or quarter-rounds.

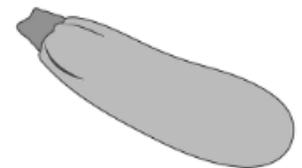
**Stovetop cooking:** Heat 1 teaspoon of oil for each cup of zucchini. Cook 4 to 5 minutes. Keep stirring and turning the pieces so they cook quickly, but do not become soggy.

**Steaming:** Bring about an inch of water to a boil. Put zucchini pieces in steaming basket and place over the water. Cook, loosely covered, about 6 minutes or until just soft.

**Microwaving:** Cut zucchini into ¼ inch slices. Arrange in a microwave-safe container. Add 3 Tablespoons of water; cover. Cook 4 to 7 minutes, or until tender.

### Ways to Enjoy

- Chop or grate zucchini and add to omelets or scrambled eggs.
- Add grated zucchini to muffins, quick breads, or cookies.
- Add sliced zucchini to stir fries.
- Add to soups, casseroles, or lasagna.
- Grill sliced zucchini. Add spaghetti sauce and cheese for mini zucchini pizzas! Or use in grilled vegetable kabobs.
- Add to veggie quesadillas.
- Add to potato hash.
- Add to pasta and pasta salads.
- Make zoodles – zucchini noodles! Use a cheese grater, vegetable peeler, or knife to make long, thin strips of zucchini. Cook with oil or water until softened. Serve with spaghetti sauce.
- Make zucchini boats – cut zucchini in half lengthwise. Gently run a spoon down the middle to scoop out the center. Be careful not to scoop the spoon too deep or you will break the skin of the zucchini. The goal is to create a hollow space to put your filling in. Fill with pizza type fillings (tomato sauce, cheese, olives, mushrooms, basil, bell peppers, etc.). Bake at 350°F for 20 minutes or until tender.



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## Vegetable Ribbons

Yield: 4 servings • Serving Size:  $\frac{3}{4}$  cup

- 1 medium zucchini, washed and ends trimmed
- 1 large carrot, peeled and ends trimmed
- 1 teaspoon olive or vegetable oil (or cooking spray)
- $\frac{1}{4}$  teaspoon pepper, dash salt (optional)

1. Using a vegetable peeler, shave the zucchini and carrot into ribbons by moving the peeler back and forth.
2. Heat the oil in a large skillet over medium heat. (Or lightly coat pan with cooking spray.)
3. Add the vegetable ribbons, stir; cover with a tight-fitting lid and cook for 2 to 3 minutes, or until vegetables are tender but not overcooked.
4. Remove from heat, add pepper and salt, if desired, and serve immediately.

Iowa State University Extension

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>3/4 cup (70g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>25</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 14mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 194mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Zucchini au Gratin

Yield: 6 servings • Serving Size:  $\frac{2}{3}$  cup

- 4 cups sliced zucchini
- $\frac{1}{2}$  cup sliced onion
- 1 Tablespoon water
- 1 Tablespoon butter
- Pepper to taste
- 3 Tablespoons grated Parmesan cheese

1. Place zucchini, onion, water, butter, and pepper in frying pan.
2. Cover and cook over medium heat for 1 minute.
3. Turn with large spoon to cook evenly. Cook until zucchini is tender, but still slightly crisp. Sprinkle with cheese; toss lightly.

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>2/3 cup (104g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>50</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 54mg	<b>4%</b>
Iron 0mg	<b>0%</b>
Potassium 236mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

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