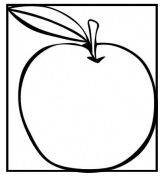


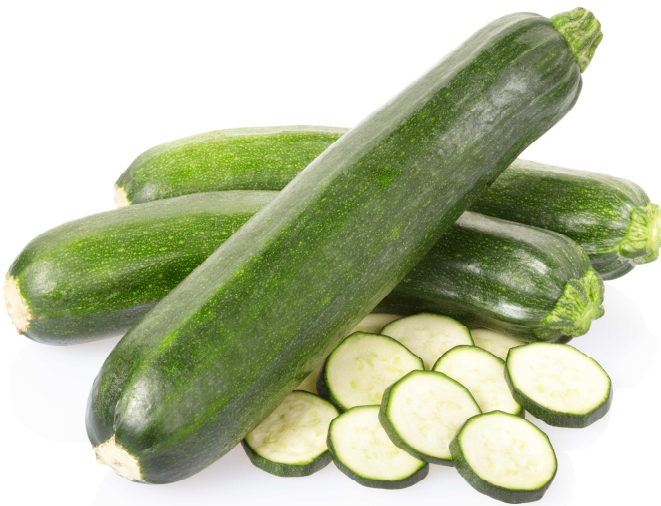
# ZUCCHINI



In the garden:



Ready to eat:

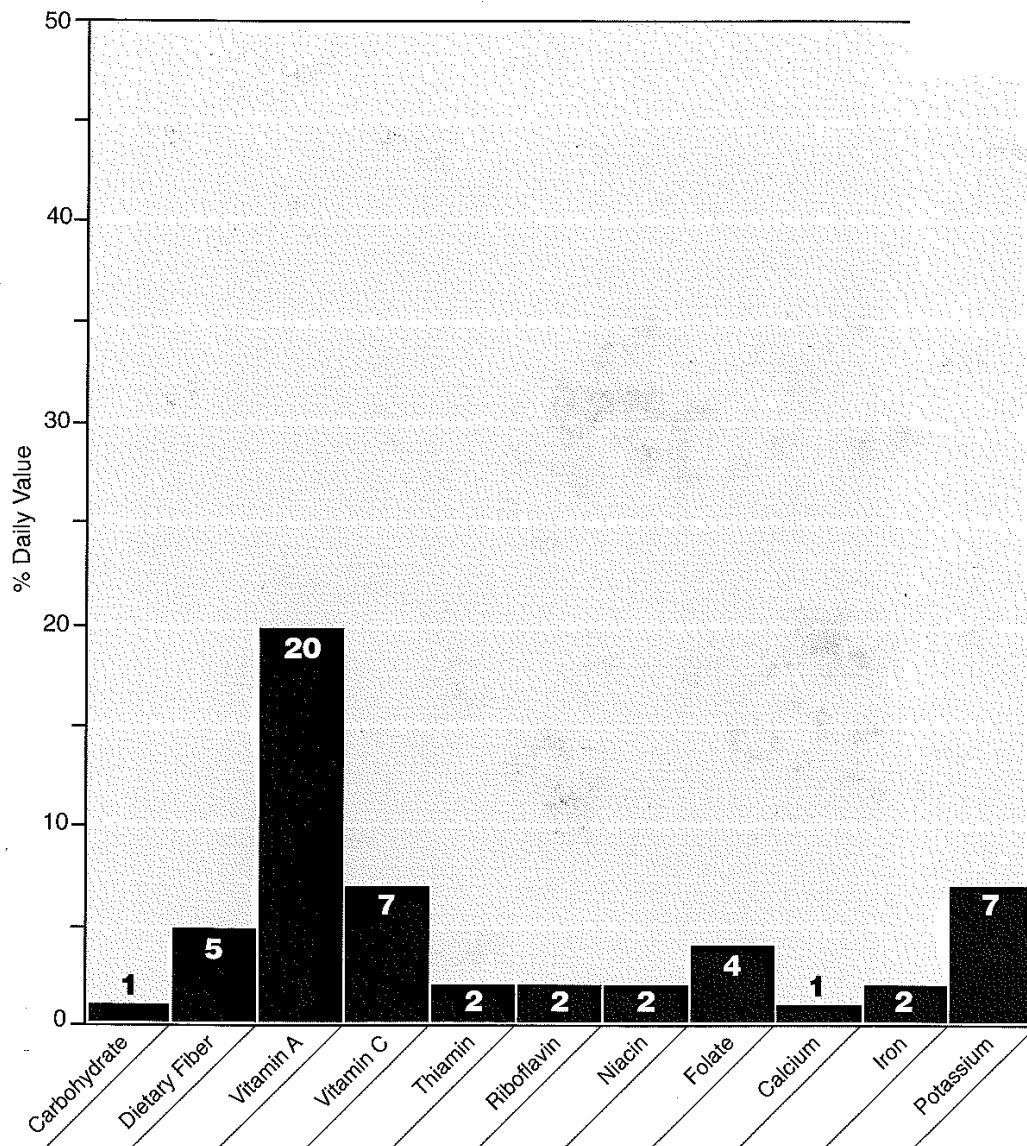


## FUN FACTS:

- Zucchini comes in different shapes and sizes, some are even round!
- The longest zucchini ever grown was 7 feet and 10 inches long.
- The most flavorful zucchinis are the small to medium ones.

# Zucchini

## Nutrition Facts



### Serving Size

1/2 Cup Sliced  
 90 Grams  
 14 Calories  
     3% from fat  
     10% from protein  
     88% from carbohydrate  
 1 Gram Protein  
 4 Grams Carbohydrate  
     1 gram dietary fiber  
 0.1 Gram Fat  
 85 Grams Water  
 3 Milligrams Sodium

Zucchini is a good source of  
Vitamin A for eye and skin health!

## Zesty Skillet Zucchini

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/zesty-skillet-zucchini>

### Ingredients:

1/2 cup tomato juice, low-sodium  
1/4 teaspoon black pepper  
1 onion, medium-sized and chopped  
1 tomato, medium-sized and chopped  
1 cup canned mushroom, drained  
2 zucchini, cut in thin slices  
1 teaspoon basil, dried

### Helpful Storage Tips:

- Zucchini and patty pan squash should keep for 4 to 5 days when stored in a plastic bag in your refrigerator's vegetable drawer.

### Directions

1. Put the tomato juice and pepper in a skillet or pan. Cook on high heat for 3 minutes.
2. Add the onion, tomato, and mushrooms.
3. Reduce the heat to medium-high. Cover and cook for 5 minutes.
4. Add the zucchini. Cover and cook for another 5 to 7 minutes.
5. Sprinkle basil over cooked veggies before eating.



**\*\*Note\*\*** Serve this dish over rice or noodles, or eat it "as is."

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USDA and Washington State University are equal opportunity providers and employers. 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: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.



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