

Spotlight on...

# Zucchini



## Nutrition Information

Zucchini is rich in potassium, zinc, iron, vitamins C and A and folate making it an important part of the diet for heart health, digestion, eye health and lowering inflammation.

Zucchini is also a fair source of dietary fiber and has a small amount of protein and healthy fats since we eat the seeds.



## What is zucchini?

Also called courgette, zucchini has its origin in America and is available in yellow, light green, and dark green. The shape of this small summer squash resembles that of a ridged cucumber and features numerous seeds. Morning Glory also grows 8 Ball zucchini, which is a round shape. A fully developed zucchini is usually three feet long and is very fibrous and not very tasty. The younger zucchini that you purchase has a light taste, soft skin and creamy white flesh. All of the parts of this squash are edible, and is delicious both raw and cooked.

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## Why eat it?

This squash has a very light flavor and is easy to incorporate into many dishes - sweet and savory - because it takes on the flavors of whatever it is cooked with. Because of this, it's very approachable for even the most vegetable-adverse among us! Like other vegetables, it's very nutritious.

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## How can I use it?

- Shred and bake into muffins, cookies, and quick breads or cook into your morning oats
- Add to smoothies for creaminess
- Stir fry or saute with other vegetables for an easy side dish
- Bake or roast in the oven
- Spiralize and use as a vegetable-based "noodle"
- Eat raw as part of a vegetable platter or salad
- Add to pizzas or pasta dishes
- Scoop out some of the flesh and stuff with meat or grain mixtures and bake