



Zucchini



Sizzle in the Sun this Summer with Zucchini!

Nutrition Tips

- Low in calories
- Great source of water for hydration
- Low in saturated fat, cholesterol and sodium
- Source of Vitamin C, Vitamin A, Potassium, Fiber

How to Pick a Zucchini

- Ripe Zucchini should be tender to the touch and roughly 7-8 inches long.
- Zucchini is either yellow or green and the skin should be unblemished and shiny.

Increase your Zucchini Intake

- Slice length wise, dip in olive oil, and grill
- Incorporate into everyday favorites, like pizza or muffins
- Puree into spaghetti sauce, or add diced zucchini for a crunch
- Chop it up, add some olive oil, and sauté with peppers to create an easy side dish
- Slice and enjoy with dip

Source: <http://www.nutritiondata.com/facts/vegetables-and-vegetable-products/3019/2>



Zucchini Recipe

Tex-Mex Chicken Skillet Meal

Serves 4

Ingredients:

- 1 Tbsp. olive oil
- 1 hot pepper, minced (optional)
- 2 cups diced cooked chicken
- 1-oz pkg. taco seasoning mix
- $\frac{3}{4}$ c. water
- 4 small summer squash, halved and sliced
- 1 green pepper, julienned



Directions:

In a large skillet, heat oil over medium-high heat. Add hot pepper, chicken, taco seasoning and water; sauté until chicken is heated through. Add squash and green pepper; sauté until crisp-tender, about 3 to 5 minutes.

Nutrition:

Per serving: 260 calories, 8 g fat, 39 g protein, 10 g carbohydrate, 1 g fiber, 750 mg sodium

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>