



Nutrition Tips

What to do with all this zucchini?

Quick Ways with Summer Squash

Try these ideas to use up zucchini and other summer squashes like patty pan and yellow crookneck .

- Cut raw zucchini into long strips and serve with a low sodium dip made with sour cream, yoghurt, Ms. Dash salt free seasoning and fresh herbs.
- Cut raw zucchini and summer squash into long wedges and put in glass jars. Fill with cider or white vinegar, a few sliced hot or sweet peppers and fresh tarragon, parsley or dill for quick homemade pickles that will last months in your refrigerator.
- Slice zucchini into rounds or use a mandolin to slice thin and replace lasagna noodles with the zucchini.
- Grate and add to spaghetti sauce to thin out the high potassium red sauce.
- Grate zucchini, mix with flour and eggs and fry like potato pancakes or Latkes with lots less potassium .

If you are a gardener, you know the problem: You plant these tiny little zucchini seeds in the spring, and by mid-summer you are practically swimming in zucchini. They're everywhere!

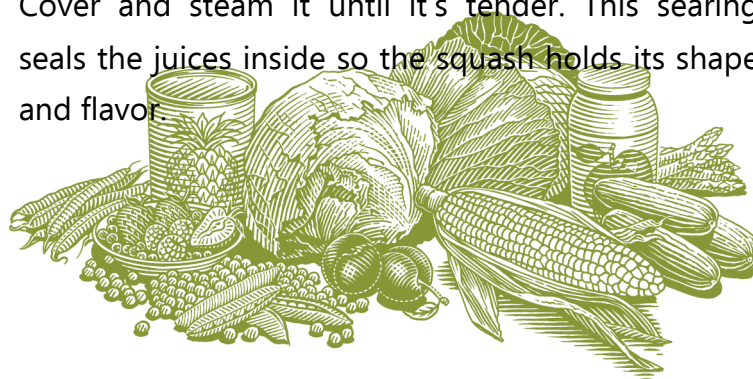
Zucchini are low in calories, sodium, potassium, and have good amounts of vitamin A and C. Just a cup gives you about 20 percent of your daily vitamin needs. Keep in mind that all of the vitamin A is in the skin, so don't peel your zucchini if you can avoid it. There is also about 150 mg of potassium in 1/2 cup of zucchini, making it a low potassium vegetable.

You can grate, and freeze it to make zucchini bread in the winter when none are growing.

Fast Zucchini Sauté

An easy way to fix zucchini is one of the best:

1. Cut it into cubes, between a half- to one-inch thick.
2. Sauté finely chopped onion in olive oil, then stir in the zucchini while the oil is quite hot.
3. Cover and steam it until it's tender. This searing seals the juices inside so the squash holds its shape and flavor.





Summer Bounty Zucchini

5 large zucchini
1 cup chopped celery
½ cup chopped green onion
2 tomatoes or ½ cup tomato sauce
2 tablespoons chopped fresh basil
2 tablespoons chopped fresh parsley
1 teaspoon fresh tarragon

2 tablespoons olive oil

Cut zucchini into 1-inch chunks. If using whole tomatoes, cut into wedges, and cut wedges in half. Sauté onions and celery in oil. Add zucchini and tomatoes, stir to cover with oil, then add fresh basil and tarragon. Cover and steam until tender. Serves 4-6.

Baked Zucchini

This is great for those one or two huge zucchini that somehow hide under the big leaves too long.

1 really large zucchini
½ onion, chopped
2 cloves garlic
2 tablespoons olive oil
¼ cup parsley, chopped
¼ cup fresh oregano
1 cup celery, chopped
1-2 cups homemade or low sodium tomato sauce (or 1 can tomato paste mixed with 1 can

water)

¼ to ½ cup grated parmesan cheese

Heat oven to 350 degrees. Cut zucchini in half lengthwise. Scoop out inner flesh, leaving skin intact. Cube flesh. Sauté onion, garlic and celery in olive oil. Remove from heat, add fresh herbs and mix in tomato sauce and cubed zucchini. Place zucchini, cut side up, in baking dish, fill with tomato/zucchini mixture. Sprinkle top with parmesan cheese. Bake uncovered until done, about 30-40 minutes, or until fork pierces outside skin easily. Slice and serve. Serves 6-8.

Easy Marinated Zucchini Salad

3 tablespoons rice vinegar (Unseasoned)
1 tablespoon sugar
1-2 teaspoons dark sesame oil
Pinch of red pepper flakes

2 cups thinly sliced zucchini

Wisk together rice vinegar, sugar, teaspoon dark sesame oil and a pinch of red pepper flakes. Pour over 2 cups thinly sliced zucchini. Cover and chill. Serve with cold sliced chicken, pork or cooked shrimp for a light and tasty lunch plate.