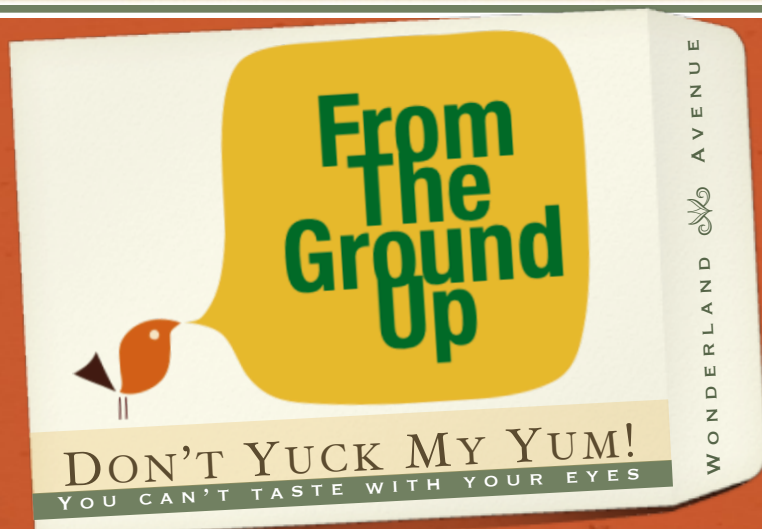


# FROM THE GROUND UP

## ZUCCHINI

FALL 2014



Raising healthy eaters one taste at a time...

### HISTORY & NUTRITIONAL INFO

Welcome back Coyotes to more adventures in the Garden and Tastings with *From the Ground Up!*

We are all about the end of summer harvest and what better way to celebrate it than with **FRESH zucchini!** Zucchini are at their best in the late Spring and Summer seasons. The tender dark green or yellow fruit of the plant can be baked, fried, steamed, boiled, added to stuffing, and of course eaten **RAW**. One of the benefits of eating a food raw is that you preserve all the vitamins and minerals that naturally occur in the food, which means your body gets a **BIG** charge of nutrients!

**Zucchini** is high in fiber, which helps aid digestion, as well as the minerals calcium and iron and the vitamins A, C, and K, which help boost your immune system.

A fun fact about zucchini is that the **BLOSSOMS** are edible as well! Not only can you eat the fruit, but the bright yellow flowers (best picked in the early morning hours when they are freshly opened and soft) are great to eat, too - breaded and fried with a little ricotta inside...YUM! This plant does **DOUBLE DUTY** to provide for its consumer. When picking zucchini, look for ones no more than 8 inches in length. The bigger ones, although impressive, are not nearly as tasty.

So, the next time you're at the market, swing by the produce section and grab some delicious fresh zucchini to share with your family!

Continue the Tasting adventures, Coyotes!



### Raw Zucchini "Pasta"

#### Ingredients

2-3 zucchini or yellow squash

1/2 teaspoon kosher salt (or to taste)

1/4 teaspoon pepper (or to taste)

1-2 tablespoons Extra Virgin Olive Oil

juice of half a small lemon

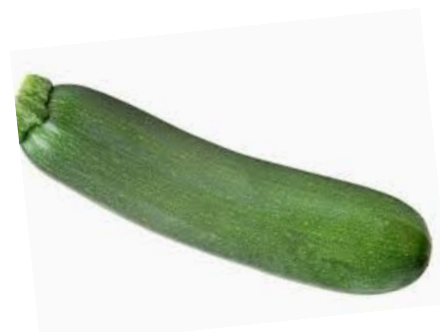
1/4 cup currants

#### Directions

Using a grater or "Veggetti" Spiral Vegetable Cutter, **GRATE** the zucchini or squash. Using a knife, **CUT** the long zucchini "noodles" into bite-sized pieces. Add the zucchini to a bowl and **TOSS** with the remaining ingredients.

Enjoy!

\*For an added treat, prepare some quinoa in veggie stock and toss into the zucchini along with some toasted almonds!



## STUFFED ZUCCHINI BOATS

### Ingredients

4 medium zucchini  
1 egg  
1 cup chopped fresh spinach  
3/4 cups dry bread crumbs  
1/2 cup tomato sauce  
1/3 cup grated Parmesan cheese  
1/3 cup finely chopped onion  
1 garlic clove, minced  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1 can (14-1/2 ounces) diced tomatoes, drained and finely chopped  
1 cup (4 ounces) shredded reduced-fat Swiss cheese

### Directions

Trim ends of zucchini; place in a steamer basket. In a saucepan, bring 1 in. of water to a boil; add basket. Cover and steam for 5 minutes. When zucchini is cool enough to handle, cut in half lengthwise; scoop out pulp, leaving a 1/4-in. shell. Set pulp aside. In a bowl, beat the egg; add spinach, bread crumbs, tomato sauce, Parmesan cheese, onion, garlic, salt, pepper and zucchini pulp. Spoon into zucchini shells. Place in an ungreased 13-in. x 9-in. baking dish. Bake, uncovered, at 350° for 20 minutes. Top each with tomatoes and Swiss cheese.

Read more: <http://www.tasteofhome.com/recipes/stuffed-zucchini->



If YOU try a Tasting recipe at home, be sure to report back next month about how your family liked the recipe!

FTGU Garden Class Word Scramble: Can you change the letters around to figure out the words of the cooking tools?

tpo \_\_\_\_\_

nikfe \_\_\_\_\_

vneo \_\_\_\_\_

wkhsi \_\_\_\_\_

opons \_\_\_\_\_

npa \_\_\_\_\_

tergar \_\_\_\_\_

lowb \_\_\_\_\_