Get the Facts!

Zucchini

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 33</td>
</tr>
<tr>
<td>Calories from Fat 0</td>
</tr>
<tr>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Fat 0g</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td>Sodium 16mg</td>
</tr>
<tr>
<td>Total Carbohydrate 6g</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
</tr>
<tr>
<td>Sugar 5g</td>
</tr>
<tr>
<td>Protein 2g</td>
</tr>
<tr>
<td>Vitamin A 7%</td>
</tr>
<tr>
<td>Vitamin C 58%</td>
</tr>
<tr>
<td>Calcium 3%</td>
</tr>
<tr>
<td>Iron 3%</td>
</tr>
</tbody>
</table>

Visit the ONIE website to find more recipes, fun activities, and helpful tips!

www.onieproject.org

High in Potassium

95% Water

Low in Calories

Rich in Antioxidants

Fun Facts

Store & Keep

2 Recipes

OK Grown!

This material was funded by USDA’s Supplemental Nutrition Assistance Program - SNAP. To find out more, call your local Department of Human Services (DHS) Office at 1.866.411.1877. This institution is an equal opportunity provider and employer.
Recipe: Lemon Basil Summer Squash  
Servings: 6

Ingredients:
- 2 medium zucchini
- 2 medium yellow squash
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1/4 tsp pepper
- 2 cloves garlic
- 1/2 cup chopped fresh basil
- 2 Tbsp chopped fresh oregano
- 1/2 cup shredded parmesan cheese

Preparation:
1. Using a vegetable peeler, shave zucchini & squash into ribbons & put into a large bowl.
2. In a small bowl, combine oil, juice, pepper & garlic. Mix well.
4. Top with cheese and serve immediately.

Recipe: Pork & Pasta Skillet Supper  
Servings: 4

Ingredients:
- 1 1/2 cups dry whole wheat penne pasta
- 1 (8oz) can no-salt-added tomato sauce
- 1 (14 oz) can no-salt-added diced tomatoes, undrained
- 1 medium zucchini, cut in half moons
- 1 lb lean ground pork
- 1 medium onion, chopped
- 1 tsp garlic powder
- 1 tsp black pepper
- 1 large carrot, thinly sliced

Preparation:
1. Cook pasta according to package directions. Set aside.
2. Meanwhile, in a non-stick skillet cook pork & onion, stir until evenly browned.
3. Add tomatoes, sauce, garlic powder pepper stir & bring to a boil.
4. Reduce heat to low, cook 5 minutes.
5. Stir in zucchini, carrots, cooked pasta & cook 5 minutes or until evenly heated through. Remove from heat and serve.

How to Pick
- Look for zucchini that are small to medium sized (6-8 inches)
- Should be firm and free of scrapes and cuts
- Choose zucchini with stems

How to Store
- Store unwashed/uncut zucchini in loosely closed plastic bag for up to one week
- Can be frozen in air tight container up to three months

Many ways to use
Raw in Salads!  Fresh for Snacks!
Baked  Sautéed
Grilled  Steamed

Oklahoma Season  
May - October