

Vegetable Basics: Zucchini



Zucchini is a soft, mild squash that's rich in vitamin C, potassium, and fiber, and can be enjoyed raw or cooked in many ways.

✓ How to Select

- Look for small to medium zucchini (6–8 inches) that are firm with shiny, unblemished skin. Avoid oversized or spongy ones, which may be watery or tough.

✓ How to Store

- Store unwashed in the crisper drawer for up to 5–7 days in a loose plastic or produce bag.
- Avoid sealing tightly. Zucchini likes to breathe!

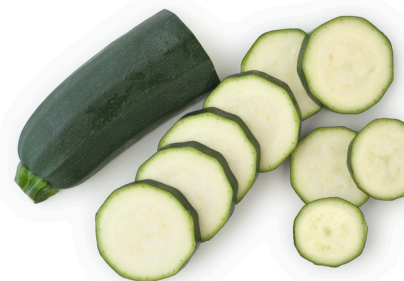
✓ Easy Ways to Prepare

- **Sauté:** Slice or dice and cook in oil for 5–7 minutes until soft.
- **Roast:** Toss in oil and bake at 400°F for 15–20 minutes, flipping once.
- **Grill:** Cut into thick slices, brush with oil, and grill 3–4 minutes per side.
- **Steam or Boil:** Cook chopped zucchini for 3–5 minutes until tender.
- **Use for Baking:** Shred or chop into breads, muffins, or casseroles.



✓ Prep Before Cooking

- Rinse, trim off the stem and blossom ends.
- Slice, dice, shred, or spiralize into 'noodles' depending on your recipe.



No need to peel, the tender skin is full of fiber.

Ideas for Using Raw Zucchini

- Shred into salads or slaws
- Slice thin and marinate for a raw veggie side
- Use in wraps or sandwiches

Ideas for Using Cooked Zucchini

- Pasta or noodle dishes
- Stir-fries
- Quesadillas or tacos
- Veggie fritters or patties

What To Do with Leftovers:

Add to a veggie soup, blend into pasta sauce, stir into casseroles or egg dishes, or freeze shredded zucchini for baking later.