

Zucchini



How do I store them? Zucchini will stay fresh in your refrigerator for about 3-4 days.

How do I eat them? Slice and eat them raw with dip, shred them and put in muffins or quick breads, roast or saute them with olive oil and spices, or cut them into long slices and grill them with other summer veggies!

What's so great about them? Zucchini is a good source of vitamin A for healthy eyes and vitamins B6 and C to keep you from getting sick.



ZUCCHINI FUN FACTS

- **April 25th** is National Zucchini Bread Day.
- The longest zucchini ever recorded was **69.5 inches** long (that's almost 6 feet)!
- Zucchini is the only vegetable or fruit that starts with the letter **Z**.
- Zucchini grow from the **flower** of the plant. You can eat the yellow flowers before they grow into zucchini!



VEGGIE QUESADILLA

recipe

Ingredients:

- 1 small zucchini, diced
- 1 cup frozen or canned corn
- 1 small red onion, diced
- 1 can black beans, drained and rinsed
- 1/4 teaspoon salt
- 1 teaspoon chili powder
- 2 tablespoons olive or vegetable oil
- 2 cups shredded cheese
- 8 whole wheat tortillas (8 inches across)



Instructions:

- 1) Combine zucchini, corn, onion, beans, salt, and chili powder in a large bowl.
- 2) Heat 1 tablespoon of oil in a skillet. Add veggie mixture and cook until veggies are soft and heated through.
- 3) Fill half of each tortilla with veggie mixture. Sprinkle with 1/4 cup cheese and fold each tortilla in half.
- 4) Heat remaining oil in the same skillet. Add two quesadillas to the pan at a time and cook for 1 1/2 minutes on each side or until outside is brown and cheese is melted. Cut each quesadilla in half.
- 5) Serve with salsa, plain yogurt, fresh cilantro, or avocado.