

# Zucchini

**Selection** - Choose firm zucchini with shiny skin, free from soft spots, cuts or bruises.

**Storage** - Store unwashed in the refrigerator. Make sure to wash before eating (stays fresh for 4-5 days).

**Nutrition** - Potassium, a mineral your body needs, in zucchini supports heart health.

## 3 EASY WAYS TO USE ZUCCHINI

- To sauté zucchini, heat olive oil in pan and add diced onion. Cook about 8-10 minutes. Add sliced zucchini and spices; cook on medium heat until zucchini begins to brown.
- To make zucchini boats, slice zucchini in half, end to end and scoop out the inside seeds. Fill with cooked ground beef or ground turkey and tomato sauce, sprinkle with cheese and cook at 400 degrees for 20-25 minutes.
- Add sliced zucchini to soups or pasta.

## Ingredients

- ☐ 1 tablespoon oil
- ☐ 1 onion (medium), diced
- ☐ 1 pound ground meat (lean beef or turkey)
- ☐ 1/4 teaspoon black pepper
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon cumin
- ☐ 1 (14.5 ounce) can diced tomatoes with green chilis  
(or 1 fresh tomato with 1 jalapeno)
- ☐ 1/2 cup tomato juice, low-sodium
- ☐ 2 zucchini (medium), sliced and cut into bite size pieces

## Directions

1. Heat oil in pan. Once hot, add onions. Cook until clear.
2. Add ground meat to pan and cook through. Add spices, canned tomatoes and tomato juice.
3. Cover pan and cook on low for about 10 minutes.
4. Add in zucchini and stir. Cover and cook about 5-7 more minutes.

