

Zucchini

Nutritional Facts

One cup of Zucchini contains:

- **Calories: 17**
- **Protein: 1 gram**
- **Fat: less than 1 gram**
- **Carbs: 3 grams**
- **Sugar: 1 gram**
- **Fiber: 1 gram**
- **Vitamin A: 40% of the RDI**
- **Manganese: 16% of the RDI**
- **Vitamin C: 14% of the RDI**
- **Potassium: 13% of the RDI**

Zucchini, also known as courgette, is a summer squash in the **Cucurbitaceae** plant family, alongside melons, spaghetti squash, and cucumbers.

Although zucchini is often considered a vegetable, it is botanically classified as a **fruit**. It can grow to more than 3.2 feet (1 meter) in length but is usually harvested when still immature-- typically measuring under 8 inches.

Zucchini is rich in several vitamins, minerals, and other beneficial plant compounds. In particular, its ample **Vitamin A** content may support your vision and immune system. Zucchini also contributes to **healthy digestion**.

Easy Sautéed Zucchini



- 1 tablespoon extra virgin olive oil
- 2 tablespoons unsalted butter divided
- 1 medium yellow onion thinly sliced
- 4 medium zucchini or yellow summer squash, or a mix (about 2 pounds), ends trimmed and cut into 1/2-inch-thick rounds
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried thyme
- 1/4 cup freshly grated Parmesan cheese

1. Heat the olive oil, onion and 1 tablespoon butter in a large nonstick skillet over medium-low heat. Cook gently until the onions begin to brown, about 10 to 11 minutes. Add the zucchini, salt, pepper, thyme, and remaining Less Sodium Butter with Canola Oil.
2. Increase heat to medium. Continue to cook, stirring occasionally, until the zucchini is just cooked through and beginning to brown, about 10 to 15 minutes. Sprinkle with Parmesan. Enjoy immediately

Zucchini Muffins



Wet Ingredients

- 1 cup mashed banana (about 2 overripe bananas)
- 2 cups grated zucchini (not squeezed)
- 1/3-2/3 cup maple syrup or honey
- 2 tsp vanilla extract
- 1/4 cup ground flax seed

Dry Ingredients

- 2 cups whole wheat, spelt, or oat flour
- 2 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp allspice
- 2 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt
- 1/2 cup walnuts, pecans or chocolate chips

1. Preheat oven to 350 and prepare a muffin pan. I use a silicone muffin pan so there is no need to grease it.
2. Mash the bananas in a large bowl. Add the remaining wet ingredients. There is no need to squeeze the water out of the zucchini.
3. Add maple syrup to taste. You'll need less if you're using very ripe bananas and chocolate chips, but may want more if you're used to sweeter muffins. Up to you! I wouldn't use less than 1/3 cup unless you need to for dietary reasons.
4. In another bowl, mix the dry ingredients.
5. Stir all together. Do not overmix.
6. Spoon the batter into the muffin cups until all 12 are evenly filled. Bake for 25 minutes. Let cool at least 20 minutes before removing from the pan to enjoy.
7. These keep well on the counter or the fridge for 2 days, or in the freezer for several months.

Much like most vegetables you consume, the healthiest way to eat zucchini is raw. However, it can be bitter and not very tasty. So you can lightly cook it and then gently season it or add it to salads, soups, or tacos.

Try making zucchini bread, zucchini noodles, adding zucchini to pasta dishes, baking zucchini in the oven, zucchini casserole, baked zucchini fries, grilled zucchini, or zucchini soup. Have any great recipes? Share them with the Linden Market at **lindenmarket@4allpeople.net**

Recipes from:

<https://faithfulplateful.com/zucchini-muffins-wfpb-vegan-oil-free/>

<https://www.wellplated.com/sauteed-zucchini/>

<https://izzycooking.com/zucchini-recipes/>