



# Zucchini



**Plant:** Zucchini can be planted individually or grouped on hills. The best time to plant zucchini is after the chance of frost has past. It is important to plant 2-3 seeds about 36 inches, or three feet apart and an inch deep. You can start growing zucchini indoors for about four to six weeks before growing in the ground.

**Grow:** Zucchini grows best when surrounded by mulch. The mulch helps keep the soil moist. The plant also needs at least 2 inches of water a week to thrive.

**Harvest:** The rule of harvesting zucchini is: "pick early, pick often!" It is best to harvest zucchini when it is small. It will be most tender and flavorful. You will want to harvest the zucchini when they are about six to seven inches long and rounded. To pick, cut the zucchini from the plant with scissors or twist it off the plant.

Nutrition Facts	
Serving Size 1 cup sliced (113g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 20</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein 1g</b>	
Vitamin A 4%	• Vitamin C 35%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Nutrition Information:

Zucchini is a low calorie vegetable filled with healthy nutrients. It is filled with fiber to help with regulation and protection against colon cancers. It also has a good source of folate, which is important during pregnancy. It is rich in vitamins A, B and C. Also, it is a good source of potassium, which is good for the heart.

**How to Prepare:** Zucchini is very versatile in the ways it can be eaten. First wash the zucchini to rid any dirt. It can then be cut and eaten raw by adding to salads or dip. Zucchini is also commonly served in vegetable mixes prepared by sautéing or grilling. Zucchini has also been shredded into breads or muffins to add vitamins and minerals to the product.



## Baked Stuffed Zucchini with Apple Couscous

**Yields:** 4 servings

**Serving size:** 1 half zucchini

### **Ingredients**

2 fresh zucchini, 6-7 inches long  
1/3 cup apple juice  
1/3 cup water  
¼ cup McIntosh apples, diced  
½ cup couscous, uncooked  
1 ½ Tbsp raisins  
1 ½ Tbsp pitted dates, diced  
¼ tsp ground cinnamon  
1/8 tsp ground nutmeg  
1/8 tsp ground allspice  
1/8 tsp salt

### **Preparation**

1. Bring apple juice and water to boil.
2. Stir in couscous, apples, raisins, dates, cinnamon, nutmeg, allspice, and salt. Mix well. Remove from heat. Cover tightly and let stand for 10 to 15 minutes or until all liquid is absorbed. Fluff couscous with a fork.
3. Cut zucchini in half lengthwise and scoop out and discard seeds using a spoon. Firmly press couscous mixture into each half, distributing mixture evenly amongst each half.
4. Place zucchini in casserole dish and fill bottom of dish with ½ inch of water. Cover with lid or aluminum foil.
5. Bake at 350°F for 30 minutes. Remove cover and bake 30 minutes more.

### **Nutrition Facts per Serving:**

140 calories, 0 g fat, 31 g carbohydrates, 3 g fiber, 4 g protein