

Nutrition Facts			
Serving Size ½ medium squash (98g)			
Amount Per Serving			
Calories 20	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 0mg	0%		
Total Carbohydrate 4g	1%		
Dietary Fiber 2g	8%		
Sugars 2g			
Protein 1g			
Vitamin A 6%	Vitamin C 30%		
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

Fun Facts:

- * Squash are in the same family as melons and cucumbers!
- * Yes, zucchini are technically fruit!
- * Zucchini were first developed in Italy, and were first recorded as being in the US in the early 1920's!
- * Zucchini is one of the easiest and most abundant fruit to grow.
- * Zucchini can reach lengths of over 3 feet long! (not preferred!)
- * The largest on record...69.5" long!!! and it weighed 65 lbs.!!!!!!



Varieties: Summer Squash, sometimes referred to as zucchini, is available in green, light green and yellow forms. Most are small and tender and are similar to cucumbers in shape and size. Although they are sometimes available in round and bottle-shaped varieties, this is not the norm. AKA courgettes in France, Ireland, Britain and others.

Selection: Look for firm, shiny squash with no bruises or blemishes. Choose squash that shows pure white inner flesh where cut at stem. Choose small squash, under 8", for sweeter, more tender results.

Storage and Handling: Zucchini should be consumed as quickly as possible for best results! Up to 3 days. Store zucchini tightly wrapped, in the middle of your refrigerator to prevent chill damage.

Nutritional Benefits: Zucchini is very low in calories. It has no fat, no cholesterol, no sodium and offers a high source of Potassium and Vitamin C, as well as Vitamin A, folate and Manganese!

Easy Ways To Enjoy Zucchini

- * Zucchini can be enjoyed raw or cooked!
- * Raw, zucchini can be cut into sticks and dipped into dressing, much like cucumber. It can also be sliced and tossed into lettuce salads. Dress with vinaigrette and allow to marinate for a super zucchini salad!
- * Cooked, zucchini makes for an excellent side dish. Simply slice and sauté with olive oil, perhaps some onions, garlic and basil!
- * Layer into lasagna, toss with pasta, stuff with meat, like peppers, and bake, grill, steam...
- * Larger, tougher, more mature zucchini can be cut into long strips and cooked like pasta!

