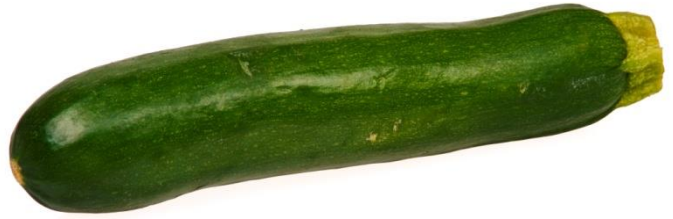


# ZUCCHINI



## Fun Facts:

Dark-colored zucchini contains the greatest amount of nutrients.

Word "zucchini" originates from Italian word "zucca" which means "squash".

Zucchini are also used in the cosmetic industry for the manufacture of various soaps.

Hybrid known as golden zucchini produces yellow or orange-colored fruit.

## History/Nutrition:

It originates from Central and South America. It represents one of the most popular and most commonly consumed vegetable today. Zucchini is an excellent source of dietary fibers, vitamins A, C and B9 (folate) and minerals such as manganese and potassium. Zucchini contains 93% of water and only 23 calories. Nutrients from the zucchini have potential to prevent development of cancer and cardiovascular disorders.

## Ways to eat Zucchini:

- Raw, cut long and eaten alone or dipped in hummus.
- Cooked with herbs and spices as a side dish.
- Shredded and added to pancakes and breads!