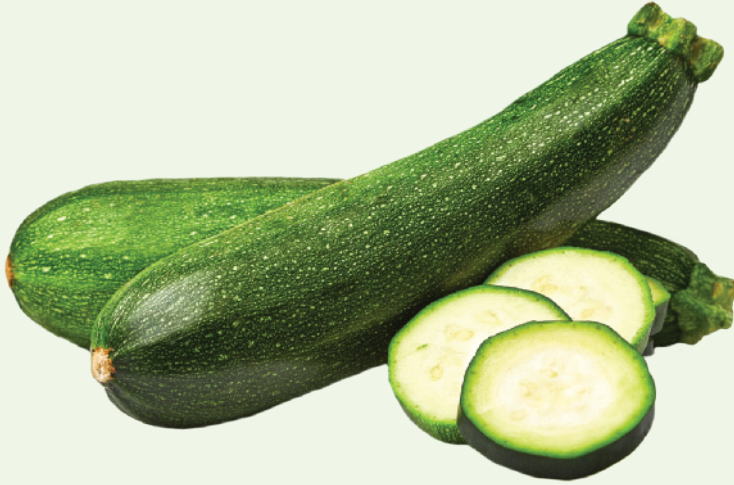


Zucchini



What is zucchini?

- Zucchini is a type of summer squash.
- It grows as a vine or bush.
- Zucchini needs plenty of sunlight to grow.
- Both the zucchini and the plant's flowers can be eaten.

Why is it healthy?

- It is a good source of **Vitamin C**.
- Zucchini provides **potassium** and **magnesium**.

How can it be used?

- Slice and grill.
- Add to stir fry.
- Cut into thin strips or spiral into noodles.
- Shred and bake into muffins, quick breads or cookies.
- Add to eggs and bake to make a breakfast casserole.
- Cut into sticks, coat with breading and bake.
- Add to soup.
- Slice and layer in lasagna.

