

# Zucchini



## Selecting

Zucchini, also referred to as a courgette is available in a variety of colours- dark green, light green or yellow or striped. Zucchini are best when they are no longer than 6 inches (15 cm).

Zucchini should be firm with a smooth glossy skin and no soft spots or bruises.

## Storing

To store Zucchini, keep it in the fridge in a plastic bag or wrapped in plastic. It should last up to 5 days this way.

Zucchini can be frozen for up to 6 months. Cut the zucchini into slices, blanch in boiling water for 2 minutes and then plunge in cold water. Drain and pat dry with paper towels. Flash freeze the slices by placing them on a parchment lined baking sheet and freeze until solid. Once frozen, store the slices in a freezer bag.

## Preparing

Wash the zucchini and cut off both ends. Zucchini is good raw (with the skin) or cooked. Zucchini can be sliced, diced or cut into sticks. Cook gently or the zucchini will not hold its shape.

## Eating

Zucchini can be added to a salad, grated and stuffed into a pita or cut into sticks and dipped. It can also be sautéed, stir-fried, grilled or baked.

## Seasonality

Zucchini is in season from June to October.

## Nutrition

A 1/2 cup of zucchini has 15 calories. It provides a source of potassium, Vitamin A and Folate.



This recipe uses shredded zucchini in a spicy muffin -Zucchini Corn Muffin  
[www.halfyourplate.ca/recipe/zucchini-corn-muffins](http://www.halfyourplate.ca/recipe/zucchini-corn-muffins)

