

**“INFORM, EDUCATE AND INSPIRE”**

**FACT SHEET 1: ZUCCHINI:**

**STEPHANIE ALEXANDER ZUCCHINI SALAD**

*This recipe is super easy, super quick and super yummy!*

Toss paper-thin slices of raw zucchini with extra-virgin olive oil, lemon juice, salt and pepper and gently mix with rocket leaves or freshly chopped herbs such as basil or parsley.

Shave over a little parmesan or sprinkle on some ricotta cheese.



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- There are many different varieties of zucchini
- They are low calorie (17 calories per 100gms) and the skin is high in fibre
- The whole of the zucchini can be eaten, including the flowers
- Zucchini can be eaten raw or cooked in a variety of ways (sautéed, roasted, stir-fried, steamed, grilled, BBQ, stuffed, etc.)
- Zucchini need little preparation – no need to peel and they are easy to cut
- Zucchini can be used in both sweet and savoury dishes
- Zucchini contain a variety of vitamins, minerals and fibre
- Zucchini have no cholesterol and are low in calories
- Zucchini are sown and planted in spring and harvested in summer
- Zucchini is versatile. It can be:
  - Cut/shaved into thin strips to be used as a substitute for pasta (no need to cook it as the hot pasta sauce placed over the top of it will warm it through)
  - Grated and placed into cakes as a sweetener and to help retain moisture
  - Used as the main ingredient in a salad
  - Roasted with a variety of different vegetables
  - Used as an ingredient in bread making
  - Perfect in muffins
  - Made into fries/oven chips
  - Turned into a dip
  - Used as a parmigiana alternative (i.e., zucchini and tomato bake)
  - Great in frittatas, quiches, fritters, etc.
  - Excellent in risottos
  - Perfect with any pasta dishes
  - Choice ingredient for soups