



By Alice Henneman, UNL Extension Educator

Skillet Zucchini with Chopped Tomatoes

Preparation Time: 10 minutes • Number of Servings: 4
Cups of Fruits and Vegetables Per Person: 1

- 1 teaspoon whipped light butter*
- 1 cup chopped onion
- 4 small (6-in) zucchini, thinly sliced
- 2 medium tomatoes, chopped
- freshly ground pepper



In a large nonstick skillet, melt margarine over medium heat; add onions and cook, stirring until softened. Add zucchini and cook for 2 minutes. Add tomatoes and cook for 3 to 5 minutes or until zucchini is tender-crisp. Season to taste with pepper.

*Alice's notes: If you don't have whipped light butter, substitute a teaspoon of vegetable oil.

Source: Centers for Disease Control and Prevention Fruits and Veggies Matter Web site at <http://www.fruitsandveggiesmatter.gov/index.html>

Tuna Pasta Salad

Makes 4 servings, about 1½ cups each

- 2 cups macaroni, uncooked
- 2 (6.5 ounce) cans water-packed tuna
- 1/2 cup zucchini, chopped
- 1/4 cup carrots, sliced
- 1/3 cup onion, diced
- 1/4 cup salad dressing, mayonnaise-type

Cook macaroni according to package directions. Drain. Drain tuna. Wash vegetables. Chop zucchini; slice carrots into thin slices; dice onions. Mix macaroni, tuna and vegetables together in mixing bowl. Stir in salad dressing. Chill until ready to serve.

Alice's Notes: Drain and rinse the pasta under cold, running water until cool. To allow flavors to blend, chill the salad for about a half hour to an hour before serving.

Source: Recipes and Tips for Healthy, Thrifty Meals, U.S. Dept. of Agriculture, Center for Nutrition Policy and Promotion, at www.cnpp.usda.gov/Publications/FoodPlans/MiscPubs/FoodPlansRecipeBook.pdf

Lemon Rosemary Zucchini

Makes 4 servings

- 1 tablespoon extra virgin olive oil
- 1 medium yellow bell pepper, diced
- 2 teaspoons finely minced fresh rosemary
- 2 cups chopped zucchini (2 medium)
- 1-3 teaspoons freshly squeezed lemon juice, or to taste
- Salt and freshly ground black pepper, to taste

In medium non-stick skillet, heat olive oil over medium heat. Add yellow pepper and rosemary and sauté 2 minutes. Add zucchini and salt and pepper, to taste. Continue to saute for another 4 to 5 minutes or until zucchini is just tender. Remove from heat and stir in lemon juice.

Nutritional Information: Per serving: 46 calories, 3 g total fat (<1 g saturated fat), 4 g carbohydrate, 1 g protein, 1 g dietary fiber, 6 mg sodium.

Source: American Institute for Cancer Research (www.aicr.org) and featured in the revised edition of *The New American Plate*.

Beef & Parmesan Pasta

Makes 4 servings

- 1-1/2 pounds ground beef
- 1 can (14 to 14.5 ounces) ready-to-serve beef broth
- 1 can (15.5 ounces) Italian-style diced tomatoes, undrained
- 2 cups uncooked bow tie pasta
- 2 cups sliced zucchini (1/4-inch)
- 3/4 cup grated Parmesan cheese

Brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking up into 3/4-inch crumbles. Remove from skillet with slotted spoon; set aside. Pour off drippings. Combine broth, tomatoes and pasta in same skillet, pushing pasta into liquid; bring to a boil. Reduce heat to medium; simmer, uncovered, 15 minutes, stirring frequently. Stir in zucchini; continue cooking 5 minutes or until pasta is tender. Return beef to skillet. Stir in 1/2 cup of the cheese; heat through. Sprinkle with remaining 1/4 cup cheese before serving.

Source: Kaiti Roeder, RD, Nebraska Beef Council and Cattlemen's Beef Board and National Cattlemen's Beef Association - Beef, It's What's for Dinner. For more recipes made with zucchini, enter the word "zucchini" in the recipe search feature at www.nebeef.org/recipe_search.asp and at www.beefitswhatsfordinner.com

What to Do with Zucchini!

Alice Henneman
UNL Extension Educator

Got zucchini?

Whether purchasing or picking zucchini — choose firm, slender zucchini with a bright green color and free of wrinkled skin and soft spots. For best quality, harvest zucchini when it is young and tender, 6 to 8 inches long and about 2 inches in diameter. As zucchini gets longer and bigger around, it becomes tougher and develops more seeds. These larger zucchini can be used to make zucchini bread; scoop out seeds and pulp with the tip of a spoon.

Store unwashed zucchini in perforated plastic bags in the crisper drawer of the refrigerator; wash zucchini just before preparation. "You can either purchase perforated plastic bags or make small holes with a sharp object in unperforated plastic bags (about 20 holes per medium-size bag)," according to the Postharvest Technology Research and Information Center, Department of Pomology, University of California, Davis (<http://homeorchard.ucdavis.edu/FVStorage.pdf>). For best quality, use zucchini within three to four days. Wash the zucchini just before preparation. Zucchini makes a quick

addition to meals as it doesn't have to be peeled!

Before you try to give your zucchini away, here are some suggestions plus four recipes:

Quick Tricks with Zucchini

The Produce for Better Health Foundation at www.fruitsandveggiesmatters.org suggests:

- Slice, marinate (try balsamic vinegar) and grill a variety of vegetables including zucchini, asparagus, green onions, eggplant, and mushrooms. They're delicious!



- Cut up veggies like carrots, zucchini and potatoes. Add them to your favorite meatloaf or soup recipes.

- Take your favorite lasagna recipe and try adding different combinations of your favorite vegetables between the layers: mushrooms, spinach, broccoli, carrots, zucchini, onions or eggplant. Be creative.

- Additional tips include:
 - Add raw zucchini to lettuce and pasta salads.

- Cut zucchini into sticks and serve with a dip.
- Slice zucchini, saute in oil over medium heat for about 5 minutes until tender crisp; toss into heated pasta sauce for a veggie-packed pasta topping.

Freezing Zucchini

To freeze grated zucchini for baking, the National Center for Home Food Preservation recommends (http://www.uga.edu/nchfp/how/freeze/squash_summer.html):

Choose young tender zucchini. Wash and grate. Steam blanch (directions below) in small quantities 1 to 2 minutes until translucent. Pack in measured amounts into containers, leaving 1/2-inch headspace. Cool by placing the containers in cold water. Seal and freeze. If watery when thawed, discard the liquid before using the zucchini.

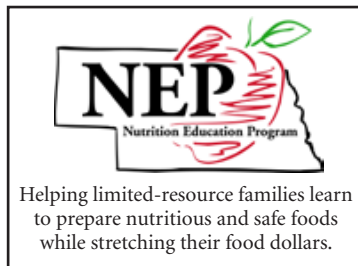
To Steam Blanch

Use a pot with a tight lid and a basket that holds the food at least three inches above the bottom of the pot. Put an inch or two of water in the pot and bring the water to a boil. Put the vegetables in the basket in a single layer so the steam reaches all parts quickly. Cover the pot and keep heat high. Start counting steaming time as soon as the lid is on.

Correction

Please note: the address for St. Paul United Church of Christ Farmers' Market should be 1302 "F" Street (runs Tuesdays through Sept. 8, 4:30-7:30 p.m.).

Fruits Are Good Source of Nutrients



Helping limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

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Do you struggle with adding fruit to your diet? With many fruits in season during the summer, now is a great time to start making sure you get the two cups of fruit recommended each day.

Adding fruit to an entrée is one idea. Examples of fruit in season that are easy to add to entrées are apricots, blueberries, cherries, mangos, strawberries and raspberries. These fruits can create a wholesome, savory entrée your whole family will enjoy.

Fruits, which are low in fat, also contain fiber, essential vitamins and minerals, phytochemicals and antioxidants. They are a great way to get the nutrients we need for our bodies to function properly, but with fewer calories. The following chart contains a few of the most common vitamins and minerals found in fruits.

VITAMIN/ MINERAL	FUNCTION	FRUITS
Potassium	Lowers blood pressure, aids in normal heart function and stops fat from building and clogging arteries	Banana, avocado, apricot, prune, orange juice, cantaloupe and honeydew
Fiber	Maintains good bowel movements, decreases blood cholesterol and helps reduce risk of heart disease	Raspberry, pear, apple, dried fig, blueberry, strawberry, banana, orange and raisins
Vitamin C	Essential for health of body tissues, strengthens immune system and aids in the body's ability to heal itself	Strawberry, kiwi, orange, cantaloupe, honeydew melon, watermelon, lemons and limes
Folate	Important for production of red blood cells; especially important during pregnancy to help prevent birth defects	Orange, strawberry, cantaloupe and other melons
Vitamin A	Promotes vision, growth and bone development; good for skin and mucous membranes that protect the body's organs; stimulates immunity	Watermelon, mango, apricot, cantaloupe and peaches

Grilled Chicken with Fresh Mango Salsa

(Serves 4)

- 4 boneless, skinless chicken breast halves
- salt and freshly ground black pepper to taste
- 1 tablespoon olive oil
- 1/4 - 1/2 teaspoon garlic powder
- 1 teaspoon ginger
- 2 mangos, peeled, seeded and diced
- 2 tablespoons cider vinegar
- 1/4 cup chopped fresh cilantro

Rub chicken breast halves with salt and pepper. Place in skillet or on grill. Cook 10 to 15 minutes on each side, until no longer pink and juices run clear. Remove from heat, set aside and keep warm. Place oil in skillet. Using medium heat, sauté garlic, ginger and mangos for 3 to 4 minutes, until mangos are tender. Pour in the cider vinegar. Stir in cilantro and remove from heat. Spoon over the cooked chicken to serve.