

Pick a **better snack**[™] – THE COLOR WAY

ZUCCHINI

Wash. Eat. How easy is that?



Squash is divided into two main groups – summer and winter squash. Summer squash have a tender shell and are eaten while immature. Winter squash have a hard shell with tougher flesh and seeds and are not harvested until mature. Summer squash is low in calories – about 19 per cup of raw slices.

ZUCCHINI BISCUITS (YIELDS 5 DOZEN BISCUITS)

½ cup margarine or butter, softened
1 cup packed light brown sugar
2 eggs
1 Tablespoon orange or lemon juice
2 ½ cups all-purpose flour
2 teaspoons baking powder
½ teaspoon ground cinnamon
½ teaspoon ground mace
¼ teaspoon salt
1 ½ cups shredded drained zucchini
½ cup chopped pecans
1 Tablespoon grated orange zest
Powdered sugar

Heat oven to 350°F, grease 2 baking sheets. In medium bowl, beat margarine until fluffy. Beat in sugar, eggs, and orange juice. In another bowl, combine flour, baking powder, spices and salt; stir into wet mixture. Stir in zucchini, pecans and orange zest. Drop dough by teaspoonfuls onto cookie sheets. Bake until biscuits begin to brown at edges, about 10 minutes. Cool on wire racks. Sprinkle with powdered sugar before serving.

Source: From *Asparagus to Zucchini: A Guide to Farm-Fresh, Seasonal Produce*, Madison Area CSA Coalition, Ph 608-226-0300.

MINI ZUCCHINI PIZZA ROUNDS

Slice washed zucchini into ½ inch thick slices. Arrange slices on microwave safe plate. Heat at full power until hot, but still firm. Top each slice with pizza sauce and shredded mozzarella cheese. Return to microwave. Heat until cheese is melted.

Include **GREEN** in your low-fat diet to maintain:

- A lower risk of some cancers
- Vision health
- Strong bones and teeth

Pick a **better snack**[™] was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabettersnack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about 5 A Day the Color Way[™], visit www.5aday.com.