

# Zucchini



## About Zucchini

- Zucchini is a summer squash that can be yellow or dark green or light green.
- It's a low calorie and low fat food.
- Most of the nutrients are found in the skin of the squash.

## Choosing and Storing

- Pick small to medium sized squash with shiny skin that is firm and free of cuts and bruises.
- Store unwashed squash in the crisper drawer of the fridge for up to 7 days.

## WIC Tip:

- Wash just before using. Once it is cooked, eat within two to three days.

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# Zucchini Fritters

Makes about 8 patties Serving size: 2 patties.

Recipe Courtesy of <https://www.lifesambrosia.com/zucchini-cakes-recipe/>



## INGREDIENTS

- 2 cups grated zucchini (excess water removed)
- 1/2 cup freshly grated Parmesan cheese
- 1 cup panko bread crumbs
- sprinkle of ground nutmeg about 1/8 teaspoon
- 1/4 teaspoon paprika
- 1 clove garlic minced
- 2 eggs
- 1/2 teaspoon salt plus more as desired
- 1/4 teaspoon pepper
- Cooking spray or 2 tablespoons olive oil

## INSTRUCTIONS

1. Combine all ingredients, **except olive oil**, in a bowl and mix well. Using a heaping tablespoon form the mixture into 8 patties.
2. Heat oil in a pan over medium heat. Once oil is heated, add patties and cook until golden brown about 3-4 minutes per side. Serve warm.

