



The Geneva School

2025 State Road 436, Winter Park, FL 32792

407-332-6363

April 20, 2012

ZUCCHINI

Today students in grades 1-6 had a chance to taste zucchini prepared three different ways:

raw with dip, sauteed, and baked into bread.



A member of the squash family, zucchini

is an excellent source of vitamins A, B, and C, and manganese. It is a strong source of key antioxidants lutein, zeaxanthin, and beta-carotene which protect the eyes from age-related macular degeneration and cataracts. Zucchini is also a good source of dietary fiber and contains pectin which helps to regulate blood sugar.

Zucchini can range in color from yellow to dark green, and the skin can be solid or naturally striped or speckled. The skin is antioxidant rich, so don't peel it before cooking. Steaming, sautéing, or roasting preserves the nutrients better than boiling or microwaving. When buying zucchini, choose an average size with unblemished skin, as oversized may be too fibrous, and undersized may lack flavor. Store it unwashed in the refrigerator for up to a week. Florida is one of the top four squash growing states, so buy local when it is available.

Zucchini Coins

Raw zucchini

Dip— we used Bolthouse Farms Yogurt Ranch Dressing today

- Slice zucchini into thin, round coin shapes
- Dip into dressing and enjoy!

Mrs. Schaefer's Zucchini Bread

- 1 1/2 cups whole wheat flour
- 3/4 cup sugar
- 1/4 tsp. baking soda
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/1/2 tsp. cinnamon
- 2 eggs
- 2 medium zucchini, shredded (2 1/4 cups)
- 1/4 cup vegetable oil
- 1 1/2 tsp. vanilla

- Preheat oven to 350 degrees
- Mix the flour, sugar, baking soda, baking powder, salt, and cinnamon in a large bowl
- Mix the eggs, shredded zucchini, oil and vanilla in a bowl
- Mix the wet ingredients into the flour mix
- Pour batter into a greased loaf pan
- Bake 40-45 min., then cool 10 min. and remove from pan
- Or make mini-muffins (48) and bake 15 min.

Sautéed Zucchini

2 zucchini, sliced lengthwise in quarters, then sliced

1/2 onion, cut into thin wedges

2 Tbsp. olive oil

1 tsp. salt

1/2 tsp. pepper

1 tsp. thyme leaves

- Combine zucchini, onion, oil, and seasonings in a bowl and toss
- Sauté over medium heat for 10 min.

Serves 4

Tasty Friday is funded by a grant from the Winter Park Health Foundation. Thank you to our parent volunteers who have worked with TGS Nurse's Clinic to make today's event a success.