

MINUTE NUTRITION NEWS

September 2016

Eating Local and Seasonal: Zucchini

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Zucchini is one of many people's favourite summer squash. Its bright colour and mild flavor make it a versatile ingredient to include in many of our dishes in the summer and through the fall. If you still have leftover zucchini from your garden, here are some creative ideas that will guarantee your zucchini will be all gone before the end of the month.



1. Start Your Day Off Right

You can't get any healthier than starting your day with vegetables at breakfast. Whether you are a lounge-at-home or on-the-go breakfast eater, there is something for you. Grated zucchini makes a great addition to homemade muffins and breads by adding moisture while staying hidden behind other dark coloured ingredients like blueberries or cocoa powder (think chocolate zucchini bread like our featured recipe on the back). On a Sunday morning, cook up a frittata or mixed vegetable skillet topped off with a fried egg.

2. "Veggify" Your Meats

Lighten up a meat-heavy meal by incorporating some grated zucchini into your meatballs, burgers and meatloaf. The cooked zucchini completely softens with its high moisture content so that you don't even notice they are there! Check out the clinic website at www.gnplc.ca for our January newsletter and featured *Veg'd Out Meatballs* recipe.

3. Eat It Like Pasta

Invest in a multi-blade spiralizer that allows you to turn boring old zucchini into noodles and pasta! Enjoy a no cooking required, cold zucchini noodle dish with pesto and sundried tomatoes or even just good old tomato sauce. For a fancier dish, make a gluten free lasagna by replacing lasagna pasta with thinly sliced zucchini. (If you don't have a spiralizer, you can simply do this with a vegetable peeler!)



4. Fun Snacks for the Veggie-Adverse

For the young ones at home, a good eating experience is all about fun. Why not have them help out with making some fun zucchini snacks? Bake zucchini fries by coating them with egg and panko crumbs for a crispy snack. Or throw some tomato sauce and cheese on top of zucchini slices and bake mini pizzas. For a more time-sensitive snack, throw some tuna salad in between zucchini slices to make mini sandwiches!

5. And Yes, You Can Even Have It For Dessert

If you don't mind seeing some specks of green in your dessert, then you can easily add grated zucchini into just about any baking recipe. However, as mentioned earlier, the power of zucchini lies in its ability to stay hidden in dark coloured recipes. Take any chocolate dessert (brownies, cake, you name it) and you can instantly boost its nutrition content by throwing in some grated zucchini.

RECIPE OF THE MONTH

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Chocolate Zucchini Bread

This is one of many recipes from the Bake It Up recipe book put together by Nutrition Resource Centre in Ontario. The goal of the book was to provide healthier recipes of baked goods that comply with the Ministry of Education's School Food and Beverage Policy. To find more healthy baking recipes, visit http://www.eatrightontario.ca/EatRightOntario/media/ERO_PDF/en/School/Bake_It_Up_final.pdf



Makes 2 loaves (24 slices)

Ingredients:

1 cup	packed brown sugar
¼ cup	canola oil
2	large eggs
¾ cup	buttermilk, 1% m.f.
½ cup	unsweetened applesauce
1 tsp	vanilla
1 ½ cups	whole wheat flour
1 cup	all-purpose flour
¼ cup	ground flax seed
½ cup	unsweetened cocoa powder
1 tsp	baking powder
1 tsp	baking soda
2 cups	finely grated zucchini
¾ cup	dark chocolate chips

Directions:

1. Preheat oven to 350°F (180°C). Spray two 8x4 inch (1.5L) loaf pans with non-stick cooking spray.
2. In a large bowl, beat together brown sugar and oil until mixed. Beat in eggs, one at a time, until creamy. With a wooden spoon, stir in buttermilk, applesauce and vanilla.
3. In a medium bowl, stir together whole-wheat flour, all-purpose flour, ground flax seed, cocoa powder, baking powder and baking soda. Using a wooden spoon, stir dry ingredients into buttermilk mixture until moistened. Fold in zucchini and chocolate chips just until combined. Do not over-mix.
4. Equally divide batter into prepared pans. Bake for 60-65 minutes, or until a tester inserted in the centre of the loaves comes out clean.
5. Let cool in pans on a rack for 25 minutes. Invert loaves onto a rack, remove pans and let cool completely.

Nutrition information (Per slice):

150 calories, Fat 5 g (8% DV), Carbohydrate 24 g (8% DV), Fibre 2 g (8%), Protein 3 g, Sodium 85 mg (4% DV), Sugars 13 g, Vitamin A 0%, Vitamin C 4%, Calcium 4%, Iron 10%