

Zucchini Squash

Zucchini Facts



- Summer and winter squashes are native to the Americas.
- Archaeologists have been able to trace the origins of squashes to Mexico, where they were part of the ancient diet from 7,000 to 5,500 BC.
- Zucchini squash is about 95% water. It is very low in calories. One cup of zucchini contains almost as much **potassium** as a banana. It is also a good source of **fiber**. Keep the skin because that is where most of the nutrients are found.
- It is best to eat zucchini that are tender and young. Don't wash it until you are ready to use it. Keep it refrigerated after you bring it home.

Resources:

- <http://www.bellybytes.com/food/zucchini.html>
- <http://healthyperspectives.blogspot.com/2007/07/zucchini-squash-facts.html>
- <http://allrecipes.com/Recipe/Cassies-Zucchini-Brownies/Detail.aspx#nutri-box>

Remember Your FCS Lab Rules

- No Gum
- Roll up long sleeves (or remove).
- Wash hands; fill sink with hot soapy water; get towels.
- Work as a team.
- Complete all clean-up jobs before the end of the period.

Remember Cutting Tips!

- Carry knives with sharp points pointing down. Do not try to catch a falling knife. Keep fingers away from sharp edges.
 - Use sharp knives.
 - Cut on a cutting board. Try to place flat side of food on board.
 - Never put knives or sharp tools in soapy water.
 - Wash knives with blades pointing away from you.



Zucchini Bread

1/4 cup Butter	
3/4 cup Sugar	
1 large egg	
1/2 teaspoon vanilla	
1 & 1/4 cups sifted flour	
2 Tablespoons cocoa	
1/4 teaspoon baking powder	
1/4 teaspoon salt	
1/2 teaspoon baking soda	
1/4 teaspoon cinnamon	
1/4 teaspoon cloves	
1/4 cup buttermilk	
1 cup grated zucchini	
1/2 cup chocolate chips (optional)	

1. Preheat oven to 350 degrees F Grease pan. (8-X 4 inch loaf pan)
2. **Cream** sugar and butter with electric mixer. Add egg and vanilla. Beat well.
3. **In a 2nd bowl**, sift dry ingredients through a strainer—sifted flour, cocoa, baking powder, salt, baking soda, cinnamon and cloves.
4. Add dry ingredients to the creamed mixture alternately with the buttermilk. Beat after each addition.
5. Wash, peel and grate zucchini. Stir in with wooden spoon.
6. Pour into pan, smoothing the top with a wet spoon or spatula.
7. Pour chips evenly over top if desired.
8. Bake at 350°F for 45-60 minutes. Toothpick should come out clean when inserted. Cool in pan for 15 minutes, then loosen edges with a knife before turning out. Cool for 30 minutes, then remove and refrigerate. If planning to use later, freeze.

Yield: 1 loaf

<http://www.cooks.com/>