

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.



Brownies

1 cup all-purpose flour, sifted

Pinch of salt

1/4 teaspoon cinnamon

1/2 teaspoon baking soda

1 tablespoons unsweetened cocoa

3/4 cup white sugar

1 egg

1 cup grated zucchini

1/4 cup margarine (softened)

1/2 teaspoon vanilla extract

1/4 cup chocolate chips

1/4 cup chopped walnuts (optional)

Day 1 - Measure Dry Ingredients

1. In a large mixing bowl, sift together flour, salt, cinnamon, soda, cocoa, and sugar. Store in a labeled container.

(*Note: If time allows, continue with Day 2.)

Day 2 - Bake Brownies

2. Preheat oven to 350 degrees F
3. Combine eggs, zucchini, margarine, and vanilla; blend into dry ingredients. Stir in chocolate chips and walnuts. Pour into greased and floured pan. Sprinkle with 1/2 teaspoon sugar.
4. Bake for 20 -30 minutes in preheated oven. Test with a toothpick to make sure brownies are done. Cool in the pan. Cut into bars.
5. Complete presentation before serving.

Yield: 12 brownies