

Zucchini Squash

Name: _____

Period _____

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 (1/2 Recipe)

1 and 1/2 cups sugar	
2 and 1/2 eggs	
3/4 cup oil	
2 and 1/4 teaspoon vanilla	
1 teaspoon salt	
1/2 teaspoon baking powder	
3/4 teaspoon baking soda	
3/4 teaspoon cinnamon	
1/4 teaspoon nutmeg (or cloves)	
2 and 3/4 cups sifted flour	
1 and 1/2 cups shredded zucchini (peeled or not)	

1. Preheat oven to 325degrees F Grease and flour pan. (4 mini loaf pans)
2. **Mix** sugar, eggs, oil and vanilla in a large mixing bowl. Beat well.
3. **In a 2nd bowl**, sift dry ingredients through a strainer—salt, baking powder, baking soda, cinnamon, nutmeg and sifted flour.
4. Add dry ingredients to the liquid mixture.
5. Wash and grate zucchini. Stir in with wooden spoon.
6. Pour into pan, smoothing the top with a wet spoon or spatula.
7. Bake at 325°F for 30-35 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 and 1/2 loaf
(Similar Recipe) [Video: Zucchini Bread](#)