

Zucchini

Storage

Store unwashed and uncut for up to 4 days



Preparation

Wash in cold water and remove stem ends, then chop to desired size. You can steam, boil, bake, and stir-fry zucchini. Slice it thin or grate it and eat it raw on salads and sandwiches, or cut into sticks and eat with dip for a snack.

Nutrition

Zucchini is rich in vitamin C and has beneficial antioxidants that reduce the risk of cancer. It helps manage blood pressure and boosts the immune system. Zucchini is also beneficial for the digestive system.