



MyPlate suggests  
making half your plate  
fruits and vegetables.

<http://www.choosemyplate.gov/>

# Zucchini

Did you know?

Zucchini are available all year long!

Zucchini is a good source of Vitamin A!

Zucchini is also a good source of potassium.

## Fun Fact!

Zucchini is actually a small Italian summer squash!

## FIGHTBAC!

**Clean:** Wash hands  
and Surfaces Often

**Separate:** Don't  
Cross-Contaminate

**Cook:** Cook to Proper  
Temperatures

**Chill:** Refrigerate  
Promptly

<http://www.fightbac.org/>

## What am I looking for?

- Look for small, young squash that are heavy for their size.
- Zucchini should be stored in the refrigerator for two to four days.
- Wash zucchini well before use.
- Avoid zucchini that has cuts or shows signs of decay.

## Loaded Vegetable Pasta

2 cups reduced-fat shredded mozzarella cheese  
1 cup fresh mushrooms, sliced  
3 cups ziti pasta, cooked and drained  
1 - 24 ounce jar spaghetti sauce  
2 red peppers, washed and sliced  
1 teaspoon dried oregano  
2 zucchini, halved, and sliced

Wash your hands and clean your cooking area.  
Preheat oven to 375 degrees. Combine 1 cup cheese (reserve the remaining 1 cup for later use), ziti, peppers, zucchini, mushrooms, spaghetti sauce, and oregano in a large bowl. Pour mixture into a 9x13 inch baking dish and sprinkle the remaining cheese evenly over the top. Bake for 20-25 minutes.

Preparation Time: 10 minutes  
Cook Time: 25 minutes  
Serves: 6

Nutrition Facts:  
Calories: 380  
Total Fat: 9 g  
Saturated Fat: 4 g  
Trans Fat: 0 g  
Cholesterol: 15 mg  
Sodium: 740 mg  
Total Carbohydrate: 56 g  
Fiber: 6 g  
Protein: 20 g

<http://healthyliving.tamu.edu/>

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Fill the plate below with drawings of your favorite fruits and vegetables

