

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

ZUCCHINI



Zucchini is a summer squash. Summer squashes are members of the gourd family. Zucchini is usually served cooked. It can be steamed, boiled, grilled, stuffed and baked, barbecued, fried, or put in other recipes.

Zucchini is a low-calorie, high volume vegetable with plenty of vitamins B6 and C. It's also a good source of potassium, folate, and vitamin A. Zucchini is considered a low-carbohydrate vegetable with plenty of fiber.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER