



Tomato Zucchini Herb Bake

2 tablespoons olive oil	2 tomatoes , seeded and chopped	½ teaspoon ground black pepper
1 small sweet onion, diced	½ teaspoon dried basil	1 cup cooked long grain brown rice
1 ½ pounds zucchini, cubed	½ teaspoon paprika	2 cups shredded mozzarella cheese, divided
1 clove garlic, minced	½ teaspoon dried oregano	
	½ teaspoon salt	

Preheat oven to 350 degrees F. **Lightly grease** a shallow 1 ½-quart casserole dish. **Heat** oil in a large skillet or pot over medium heat. **Sauté** onion for 3 minutes until slightly softened. **Add** the zucchini and garlic and **cook** for 5 to 7 minutes, or until slightly tender. **Add** tomatoes and allow to **heat through**, about 2 minutes. **Add** basil, paprika, oregano, salt, pepper, and rice and **stir** to combine. **Turn off** heat, and **fold in** 1 cup of

cheese. **Transfer** to the prepared casserole dish, and **top** with the remaining cheese. **Bake** uncovered for 20 minutes, or until cheese is melted and bubbly.

Yield: 6, 1 ½ cup servings

Nutritional Analysis: 220 calories, 12g fat, 5g saturated fat, 0g trans fat, 20mg cholesterol, 450mg sodium, 17g carbohydrate, 3g fiber, 4g total sugars, 0g added sugars, 12g protein

Kentucky Zucchini

SEASON:
June through October

NUTRITION FACTS: Squash is low in calories, containing only 20 calories per cup raw. It contains vitamins A and C and is naturally free of fat, cholesterol, and sodium.

SELECTION: Popular summer squashes include yellow crookneck, yellow straightneck, zucchini, cocozelle, and patty pan. Summer squash should be picked or purchased when young and tender; both skin and seeds are eaten because the peel holds many of the nutrients. It should be harvested at 6 to 8 inches in length. Patty pan squash are

ready when they are 3 to 4 inches or less in diameter.

STORAGE: Place unwashed squash in perforated plastic bag and store in the crisper drawer of the refrigerator. Wash just before preparation. Use within two or three days.

PREPARATION: Summer squash is a mild-flavored vegetable and combines well with herbs and seasonings. Try it with basil, allspice, rosemary, and marjoram. Cook as a side dish or use in stews, casseroles, and main dishes. It can be grilled, steamed, boiled, sautéed, fried, eaten raw in salads, or used in stir-fry recipes.

ZUCCHINI

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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Source: FruitsAndVeggies.org

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