



Zippy Zucchini Cakes

2 cups shredded zucchini	1 tablespoon olive oil	1 cup shredded Mozzarella cheese
2 large eggs	1/3 cup all-purpose flour	1/2 teaspoon salt
1 egg white	1/3 cup whole wheat flour	1/4 teaspoon dill
1/4 cup skim milk	2/3 cup corn meal	1/2 teaspoon black pepper

- 1. Combine** the zucchini, eggs, egg white, milk and olive oil.
- 2. Stir** until just mixed.
- 3. Add** the remainder of ingredients into zucchini mixture. For added zip, substitute Pepper Jack cheese for the Mozzarella, add 1 tablespoon chopped jalapeno pepper or 1/2 teaspoon crushed red pepper flakes.
- 4. Stir** until moistened.
- 5. Spoon** the batter onto a lightly greased griddle or large non-stick skillet to form 2 inch cakes.
- 6. Cook** 3 to 4 minutes or until the edges are lightly browned.
- 7. Turn** and cook on the other side for 3 to 4 minutes. **Serve.**

Yield: 10, 2 inch cakes.

Nutrition Analysis: 80 calories, 2 g fat, 0 g sat.fat, 30 mg cholesterol, 140 mg sodium, 10 g carbohydrate, 1 g dietary fiber, 1 g sugar, 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Kentucky Summer Squash

SEASON: June through October.

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

SELECTION: Popular summer squashes include yellow crookneck, yellow straight-neck, zucchini, cocozelle and patty pan. Summer squash should be picked or purchased when small and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested at 6 to 8 inches in length. Patty pan squash are best when they are 3 to 4 inches or less in diameter.

STORAGE: Harvest and place unwashed in plastic bags. Store in the crisper drawer of the refrigerator. Wash the squash just before preparation. The

Source: www.fruitsandveggiesmatter.gov

storage life of summer squash is brief; use within two to three days.

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

ZUCCHINI

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition
and Food Science students

June 2012

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/fcs.

COOPERATIVE
EXTENSION
SERVICE

