



Zucchini Rosemary Pizza

4 cups shredded zucchini, (about 4 medium zucchini)	½ teaspoon salt	2 tablespoons olive oil
½ cup mozzarella cheese	¼ teaspoon pepper	1 tablespoon fresh rosemary, minced (or 1 teaspoon dried rosemary)
1 teaspoon oregano	2 small tomatoes	¼ cup grated parmesan cheese
1 egg	2 garlic cloves, minced	

Preheat the oven to 450 degrees F. **Shred** the zucchini with a cheese grater. **Squeeze** out as much water as possible. In a large bowl, **measure** 4 cups of shredded zucchini. **Stir** in mozzarella cheese, oregano, egg, salt and pepper. Lightly **spray** a 12-inch pizza pan with cooking spray. **Spoon** mixture onto pan to form a ½ inch high crust. **Bake** 15 to 20 minutes, until mixture is set and slightly browned, being careful not to burn. **Chop** half of a red onion and the tomatoes into small diced pieces. In a small bowl, **mix**

together the olive oil, minced garlic and fresh rosemary. **Spread** the mixed topping evenly over the baked crust. **Spoon** onion and tomatoes over the pizza. **Bake** an additional 10 minutes or until crust is crisp or becomes slightly brown. **Remove** from oven; **sprinkle** parmesan cheese over the top and **serve**.

Yield: 8 slices

Nutritional Analysis: 90 calories, 7 g fat, 2 g saturated fat, 35 mg cholesterol, 300 mg sodium, 3 g carbohydrate, 1 g fiber, 1 g sugar, 4 g protein.



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Kentucky Zucchini

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 when 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 squash in the crisper drawer of the refrigerator. Wash the squash just before preparation.

Source: www.fruitsandveggiesmatter.gov

The 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

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