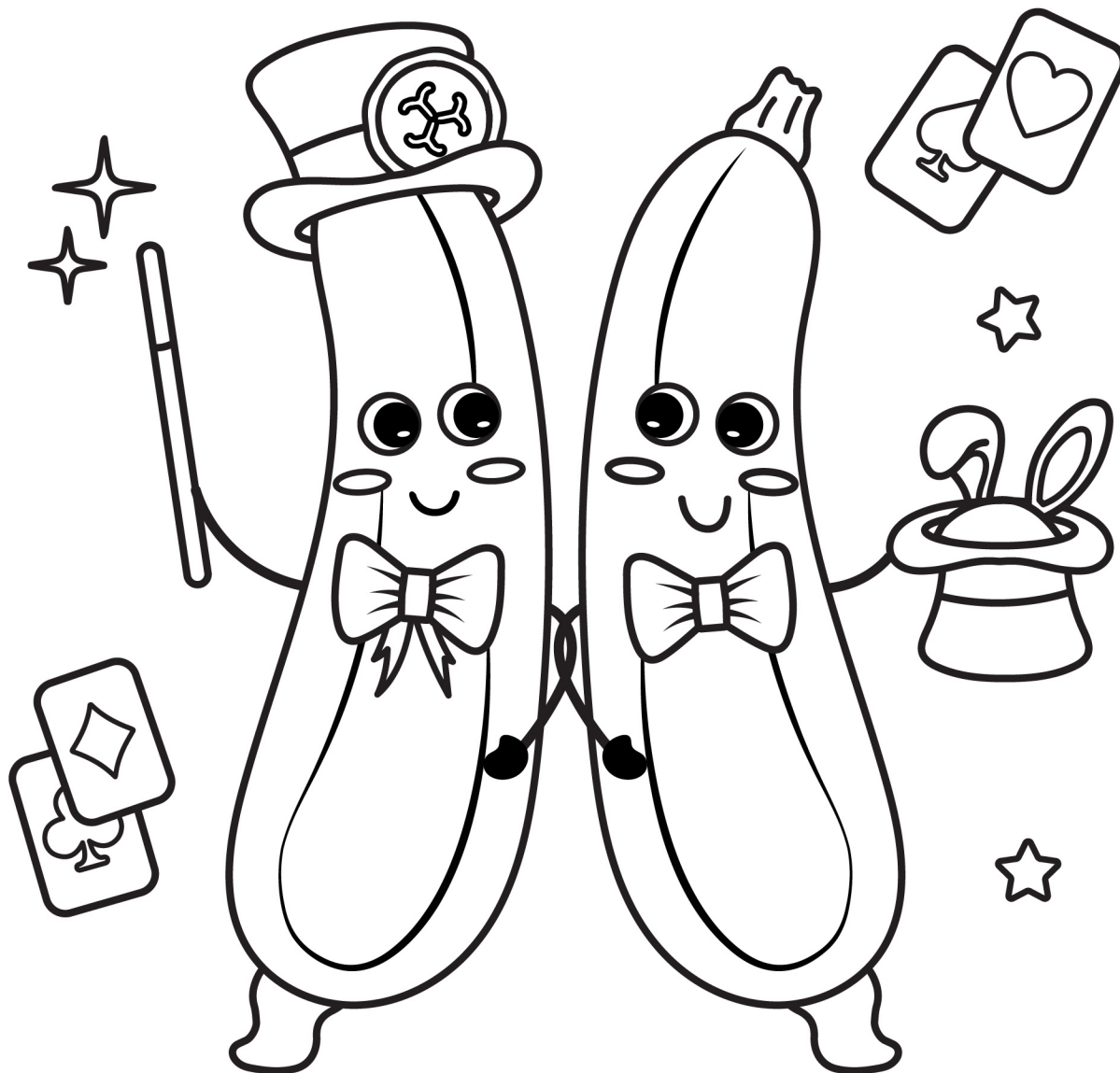
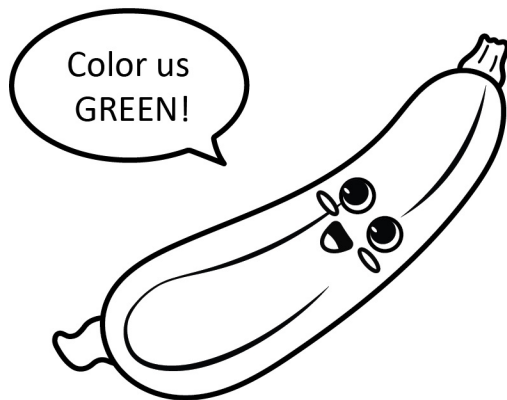


# Zucchini



“ Ladies and gents, gather around.  
The Amazing Zucchini Brothers are coming to town!  
We start off as baby seeds, teeny and weeny  
But magically grow into giant zucchinis!

With us you can make all sorts of delights -  
Zucchini bread, zucchini brownies, zucchini pizza bites.  
You can add us to pasta, or turn us into zoodles,  
Steam or stir fry us, you'll want to eat us by the oodles!”



## Say Our Name In:

- English: Zucchini
- Spanish: Calabacín
- Chinese: 夏南瓜 (Xià nán guā)
- Vietnamese: Bí ngò
- French: Courgette
- Arabic: كوسة (Kusa)



## Kid's Kitchen



Look what you can do.  
Let's make a snack with **ZUCCHINI!**  
Let's make up something new.

Try Us In:

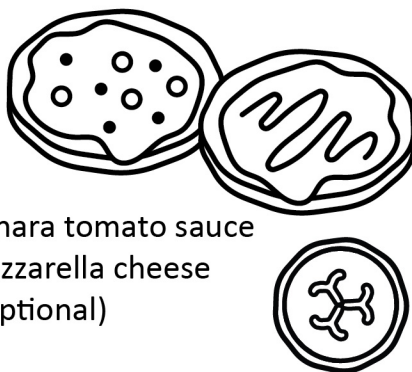
### Zucchini Pizza Bites

Yes, here's another way to enjoy pizza...  
with Zucchini!

Servings: **2-4**

#### Ingredients:

- 1 medium zucchini
- ¼ cup pizza or marinara tomato sauce
- ½ cup shredded mozzarella cheese
- Italian Seasoning (optional)



#### Instructions:

1. Preheat oven or toaster oven to 400°F.
2. Lightly grease baking sheet with oil or use parchment paper or tin foil.
3. Wash and cut zucchini into coin shapes about ¼ inch thick. Then, place the slices on greased or covered baking sheet.
4. Top the slices with the tomato sauce and shredded mozzarella cheese.
5. Bake for 8-10 minutes or until zucchini slices are soft and cheese is melted.
6. Remove from oven, and if desired, sprinkle Italian Seasoning, and serve!

**To Prepare:** Just wash zucchinis and cut off the ends.

#### More Ways to Prepare Us:

(see p. 83-84)

- Raw
- Steam
- Sauté/Stir Fry
- Microwave
- Roast

**And try these fun dishes with our other veggie friends:**

- Make a Face! (p. 85)
- Veggie Robots (p. 86)
- Toss Yourself a Salad (p. 91)
- Veggie Stir Fry (p. 94)



**We're rich in:**  
**Fiber, vitamins A, C,**  
**potassium, and antioxidants!**



**Our Season**  
**is Summer!**

