

# Zucchini

## Health Benefits

A source of potassium, vitamin A and folate which is good for heart and digestive health!

## Storage

Cover and refrigerate. May also be frozen and used at a later date.

## Preparation

Rinse well with water. Mostly eaten cooked. Cut them in half, in slices, in cubes, grate them or dice them. Add them to stir fries, soups, baked goods, chili or spaghetti sauce.



## Omelette

### *Ingredients:*

2 eggs  
Zucchini, diced  
Peppers, diced  
Mushrooms, diced  
Cheese, shredded



### *Directions:*

1. In a small bowl, whip eggs together with a fork.
2. Mix in vegetables.
3. Pour into a small frying pan over medium heat and allow to cook for 3-4 minutes.
4. Sprinkle with shredded cheese and fold the omelette in half, allow to cook for another minute, then flip and cook for another minute.
5. Serve with Ketchup or salsa.

Serving: 1

\*Try with spinach, onion, tomatoes, bacon bits, ham, chicken or turkey!