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Did you Know...

A cucumber's flavor comes from the seed.

A zucchini contains more potassium than a banana.

EAT WELL, AGE WELL. July – Cucumbers and Zucchini

Cucumbers, a summer squash, are rich in essential vitamins and minerals such as potassium, folate, and vitamins K and C. They are composed of approximately 95% water, contributing to hydration, and aiding in the prevention of constipation and irregular bowel movements. To increase nutrient intake, it is recommended to consume cucumbers with their peel intact.

- Storage: Rinse with water, pat dry, place in a bag, and refrigerate for about one week.
- Preparation: Once harvested, they can be used in many ways such as pickling, in snacks and salads, or as a garnish, all of which are easy to prepare.

Zucchini, a type of summer squash that belongs to the same plant family as melons and cucumbers, is rich in both water and fiber. A single cup of baked zucchini contains approximately 6% of the daily recommended fiber intake. The fiber content in zucchini, like cucumbers, aids in alleviating constipation, lowering cholesterol levels, supporting bowel health, and regulating blood sugar levels.

- Storage: Zucchini should be stored in a ventilated bag without being washed, as it thrives in dry conditions and can last up to two weeks.
- Preparation: Zucchini can be prepared using various methods, such as sauteing in a skillet for a quick and delicious dish, baking in an oven, grilling, or smoking for a rich and smoky flavor.

Grilled Zucchini

Ingredients

- 1 small zucchini, ends cut off, then cut into quarters
- 2 tbsp olive oil
- 1 tbsp lemon juice
- ½ tsp salt
- ¼ tsp pepper
- 1 tsp Italian seasoning
- 1 tsp minced garlic
- 2 tbsp fresh parsley leaves chopped

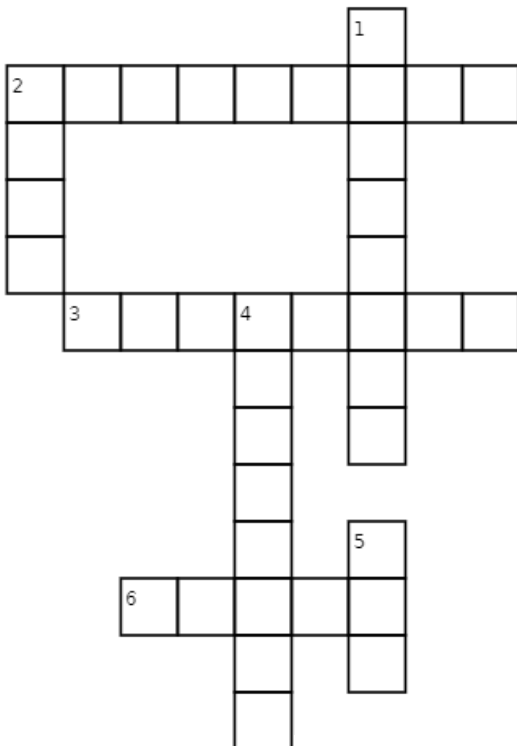
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Instructions

1. Place olive oil, lemon juice, salt, pepper, Italian seasoning, and minced garlic in a large bowl. Whisk ingredients together.
2. Add zucchini to the bowl and coat with mixture. Cover and refrigerator for 30-40 minutes.
3. Preheat the grill to medium-high heat.
4. Add zucchini to the grill in a single layer.
5. Cook for 3-4 minutes per side or until tender.
6. Remove zucchini from the grill and place on a serving plate. Sprinkle with parsley and serve.

Notes: Cooking with larger pieces of zucchini helps to prevent it from getting mushy. Can use an outdoor grill or indoor grill pan. Recipe from <https://www.dinneratthetoo.com/grilled-zucchini/>



Down:

1. Zucchini contains large amounts of this nutrient.
2. Cucumbers and zucchini are high in water & _____.
3. Contains 6% of the daily recommended fiber intake.
4. Zucchini thrives in _____ conditions.

Across

1. The part of a cucumber that contains the most nutrients.
5. A vegetable that can be used as a garnish in a variety of dishes.
6. Cucumbers can be used in a variety of ways including

Down: 1. Potassium 2. Fiber 3. Zucchini 4. Dry Across: 1. Peel 5. Cucumber 6. Pickling