

## ZUCCHINI

Zucchini, also known as courgette, is a summer squash in the *Cucurbitaceae* plant family, alongside melons, spaghetti squash, and cucumbers.

It can grow to more than 1 metre in length but is usually harvested when still immature — typically measuring under 20 cm.



Although zucchini is often considered a vegetable, it is botanically classified as a fruit. It occurs in several varieties, which range in colour from deep yellow to dark green.

If you want a veggie that's extremely versatile, look no further than zucchini. Whether eaten raw or cooked, there's so many ways to enjoy it and still get a solid amount of a few vitamins and minerals you need. Zucchini actually falls under the umbrella of summer squash, which are squashes that get harvested before their rinds harden (unlike, say, pumpkins and butternut squash).

You can add zucchini to your spaghetti recipes, but you can also use it in place of noodles altogether. So-called "zoodles" are a great pasta alternative, and they're easy to make with the help of some kitchen gadgets. With a mandolin or a spiral slicer, you secure the zucchini on prongs and push the veggie toward the blades. A smaller and less expensive option is a julienne peeler, which has a serrated blade to create thin strips.

Zucchini is incredibly versatile and can be eaten raw or cooked.

Here are some ways to incorporate it into your meals:

- Add it raw to salads.
- Stew it with other summer fruits and vegetables to make ratatouille.
- Stuff with rice, lentils, or other vegetables, then bake it.
- For a mild stir-fry, add olive oil and sauté it.
- Boil it, then blend it into soups.
- Serve it as a side, grilled or sautéed with a little garlic and oil.
- Try it breaded and fried.
- Spiralise it into spaghetti- or linguine-like noodles, or slice it to replace lasagna sheets.
- Bake it into breads, pancakes, muffins, or cakes.

## Zucchini Recipe

4 medium zucchini  
1 clove garlic  
1 tablespoon olive oil  
1 can diced tomatoes with liquid  
1/2 cup parmesan cheese

Slice zucchini.  
Add oil to fry pan.  
Cook zucchini till tender.  
Add garlic, cook for another minute.  
Cook until liquid has evaporated and mixture is dry.  
Add salt /pepper.  
Sprinkle with parmesan cheese.