



## Zucchini

### How to Prepare

Zucchini (courgette in French-speaking regions) is a form of summer squash native to the Americas, but was developed into its current state in Northern Italy in the 19<sup>th</sup> century. Since then, zucchini has become popular in Europe, Australia, North America, North Africa, and beyond. Zucchini is technically a fruit, but is most often treated as a vegetable in recipes.

Zucchini is typically harvested before it reaches full size, normally about 20cm long. When harvested at this stage the seeds are still soft, and the zucchini is easy to use in a huge variety of recipes. Larger zucchini are often fibrous with firm hard-to-eat seeds.

You do not need to peel zucchini. Simply remove the ends, and the rest of the fruit is edible. Zucchini purchased from the grocery store are sometimes covered in wax to keep them safe during transportation, to reduce bruising, and to reduce deterioration. Be sure to thoroughly wash waxed zucchini before using. Store zucchini in the refrigerator for up to a week.

### Try Using Zucchini:

- In roasted veggies;
- Spiralized in salads / as noodles;
- In sautés or stir-fries;
- Made into salsa or relish;
- Cut into spears and grilled;
- In curries like aloo, paneer, dhal;
- In baked goods (zucchini loaf);
- In casseroles, soups or stews;
- In spicy Thai salads;
- As fritters or tempura;
- Stuffed with meat and cheese;
- Shredded into pancakes;
- In ratatouille.

### Nutrition Highlights

- Very high in Vitamin B6, C & K;
- A source of niacin and thiamin;
- A very good source of fiber;
- A source of protein;
- Very high in folate.

<b>Nutrition Facts</b>	
Serving Size 100 grams (100 grams)	
Amount Per Serving	
<b>Calories</b> 16	Calories from Fat 2
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber 1g	4%
Sugars 2g	
<b>Protein</b> 1g	
Vitamin A 4%	Vitamin C 28%
Calcium 1%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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## Recipe: Macedonian Zucchini Salsa

### Ingredients

250g zucchini (1 large, or 2 small)  
250g white onion (1 medium)  
250g red bell pepper, seeds and membrane removed (2 medium)  
250g tomato (4 roma or 2 beefsteak)  
5 cloves of garlic  
1 tsp kosher salt  
1 tsp cracked black pepper  
2 tsp smoked paprika  
½ tsp ground cayenne pepper (optional)  
30ml Olive Oil

### Instructions

1. Preheat oven to 400F
2. Cut zucchini, onion, peppers and tomato into small pieces (about 1" cubes);
3. Peel garlic cloves and cut into small pieces;
4. Mix vegetables, garlic, olive oil, salt, pepper, paprika and cayenne in a large mixing bowl. Transfer to baking sheet.
5. Baked the vegetable mixture for about 20 minutes, or until the veggies soften;
6. Blend the roasted veggies (either in a blender, or with an immersion blender) until you get a slightly chunky texture.

This recipe is adapted from traditional Macedonian and Serbian salsas, Pindjur or Ajvar.

This salsa is great on just about everything. Try it on nachos, in tacos or burritos, on pastas, with meat dishes, on pizza, in sandwiches, on breads or crackers, or as a dip for veggies.

You can easily add more heat or smokiness to this recipe by replacing the cayenne pepper with smokey chipotle peppers.

This salsa can be kept in a mason jar in the fridge for up to two weeks.