

# VEGETABLE of the MONTH

## Cooking for Kids

### **Zucchini Tots!**

3 Servings

#### **Ingredients:**

- cooking spray
- 1 packed cup grated zucchini
- 1 large egg
- 1/4 medium onion, minced
- 1/4 cup grated reduced fat sharp cheddar cheese
- 1/3 cup seasoned breadcrumbs, or gluten-free crumbs
- 1/4 tsp kosher salt and black pepper to taste

#### **Directions:**

1. Preheat oven to 400°F.  
Spray a baking sheet with cooking spray.
2. Grate the zucchini into a clean dish towel until you have 1 packed cup.  
Wring out excess water. In a medium bowl, combine all of the ingredients and season with salt and pepper to taste.
3. Scoop 1 tablespoon of mixture into your hands and roll into small ovals. Place on the cookie sheet and bake for 16 to 18 minutes. Turn halfway through cooking until golden. Makes 16.

### Books

*Zora's Zucchini* by Katherine Pryor  
Illustrated by Anna Raff

*The Giant Zucchini* by Catherine Siracusa

# The Incredible Edible Zucchini



## Just the Facts

→ Zucchini is a summer squash and member of the gourd family.

→ It can be dark green, light green, and even golden in color!

→ The name zucchini comes from the Italian word *zucca*, which is Italian for "squash" or "pumpkin".

→ Zucchini is rich in fiber and water content, which is good for our digestion.

→ Cooked zucchini is packed with vitamin A for our eyesight and tissues.

→ Zucchini is a nutrient dense food, because it is packed with antioxidants and has anti-inflammatory properties.

→ It can be eaten raw, roasted, sautéed, cooked, and even grilled!

## Did You Know?

This month on the school menu you can enjoy

### **ZUCCHINI**



**INSERT MENU ITEM HERE**, *insert description here!*

**For more information, see:**

- Insert URL here



# Activity: Zucchini

Can you find the words hidden in the word search below?

G	Q	E	S	G	S	Y	A	M	I	F	S
E	R	K	E	U	O	C	F	N	S	I	T
N	Z	I	M	L	C	U	I	X	Q	B	N
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## Key

Fiber  
Fresh  
Gourd  
Green  
Grilled  
Minerals  
Nutrients  
Squash  
Summer  
Tasty  
Vegetable  
Yellow  
Zucca  
Zucchini

