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June 2008, Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602

- Slice yellow squash and zucchini to eat as a snack with a lowfat dip
- Add raw slices of yellow squash and zucchini to salads
- Add 1 cup shredded zucchini to bread, cornbread, or muffin mixes for a sweet flavor and moist texture



Fruits and Veggies More Matters

Did you know?

“Zucchini” comes from an Italian word meaning “sweetest.”

Blue Corn & Square Tomatoes, page 165.



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