

August Produce Guide

These long Summer days are great for seasonal produce, such as:

- Apples
- Peas
- Edamame
- Grapes
- Raspberries
- Carrots
- Eggplant
- Zucchini
- Potatoes

The recipe below features Zucchini. Here are health facts and tips for storing, selecting, and preparing this berry:

- The best zucchini to pick will have a slightly prickly, but shiny skin with no cuts or bruises.
- Zucchini is great source of vitamin C.
- Store zucchini in a plastic bag in the refrigerator for 4-5 days. Cooked zucchini can also be refrigerated for up to 2 days.
- Zucchini can be cut into sticks and served with dip, or even chopped up with potatoes and carrots to be added to your favorite soups.
- Zucchini is the only fruit that starts with Z.



S skillet Zucchini with Chopped Tomatoes

Makes 4 servings. Prep time: 10 minutes.

- 1-2 teaspoons olive oil
- 4 small (6-in/15cm) zucchini, thinly sliced
- 2 medium tomatoes, chopped
- 1 cup chopped onion
- Freshly ground pepper (optional)

Instructions:

- 1) Heat oil over medium heat in a skillet and add onions. Cook until soft.
- 2) Add zucchini and cook for 2 minutes.
- 3) Add tomatoes and cook for an additional 3-5 minutes, or until the zucchini is tender-crisp.
- 4) (Optional) Season to taste with freshly ground pepper.

Recipe via food.unl.edu

