

# 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 zucchini.

- 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.



## Balsamic Grilled Zucchini

Makes 4 servings. Cook time: 10 minutes.

- 2 zucchinis, quartered lengthwise
- 2 teaspoons olive oil
- ½ teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 pinch salt
- 2 tablespoons balsamic vinegar

### Instructions:

- 1) Preheat grill for medium-low heat and lightly oil the grate.
- 2) Brush zucchini with olive oil. Sprinkle garlic powder, Italian seasoning, and salt over zucchini.
- 3) Cook on preheated grill until beginning to brown, 3-4 minutes per side. Brush balsamic vinegar over the zucchini and continue cooking 1 minute more. Serve immediately.

[Adapted from [Allrecipes.com](https://www.allrecipes.com)]

