



## Zippy Zucchini Cakes

<b>2 cups</b> shredded zucchini	<b>1 tablespoon</b> olive oil	<b>1 cup</b> shredded Mozzarella cheese
<b>2 large eggs</b>	<b>1/3 cup</b> all-purpose flour	<b>1/2 teaspoon</b> salt
<b>1 egg white</b>	<b>1/3 cup</b> whole wheat flour	<b>1/4 teaspoon</b> dill
<b>1/4 cup</b> skim milk	<b>2/3 cup</b> corn meal	<b>1/2 teaspoon</b> black pepper

- 1. Combine** the zucchini, eggs, egg white, milk and olive oil.
- 2. Stir** until just mixed.
- 3. Add** the remainder of ingredients into zucchini mixture. For added zip, substitute Pepper Jack cheese for the Mozzarella, add 1 tablespoon chopped jalapeno pepper or 1/2 teaspoon crushed red pepper flakes.
- 4. Stir** until moistened.
- 5. Spoon** the batter onto a lightly greased griddle or large non-stick skillet to form 2 inch cakes.
- 6. Cook** 3 to 4 minutes or until the edges are lightly browned.
- 7. Turn** and cook on the other side for 3 to 4 minutes. **Serve.**

**Yield:** 10, 2 inch cakes.

**Nutrition Analysis:** 80 calories, 2 g fat, 0 g sat.fat, 30 mg cholesterol, 140 mg sodium, 10 g carbohydrate, 1 g dietary fiber, 1 g sugar, 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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# Kentucky Summer Squash

**SEASON:** June through October.

**NUTRITION FACTS:** Squash is low in calories, with the raw vegetable containing only 20 calories per cup. It contains vitamins A and C and is naturally free of fat, cholesterol and sodium.

**SELECTION:** Popular summer squashes include yellow crookneck, yellow straight-neck, zucchini, cocozelle and patty pan. Summer squash should be picked or purchased when small and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested at 6 to 8 inches in length. Patty pan squash are best when they are 3 to 4 inches or less in diameter.

**STORAGE:** Harvest and place unwashed in plastic bags. Store in the crisper drawer of the refrigerator. Wash the squash just before preparation. The

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

storage life of summer squash is brief; use within two to three days.

**PREPARATION:** Summer squash is a mild-flavored vegetable that combines well with herbs and seasonings. Try it with basil, allspice, rosemary and marjoram. Cook summer squash as a vegetable or use in stews, casseroles and main dishes. Summer squash can be eaten raw, grilled, steamed, sautéed, fried or used in stir fry recipes.

## ZUCCHINI

### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

June 2012

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