



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Back-to-School from A to Z!

**Z is for Zucchini.** Adding some to your diet means eating your green veggies has never been so easy. With something so versatile and simple to prep, zucchini has many health benefits. Helping reduce blood sugar levels, promoting healthy digestion and improved heart health are just a few. It can also satisfy a variety of things for which you might be craving – savory, crunchy, or sweet.

Stock up on zucchini and store it in the fridge in a plastic bag for 4-5 days. Choose ones with shiny skin (slightly prickly is okay) that is free from cuts or bruising. Do not wash them until you are ready to use. You can cook or bake with zucchini to add extra nutrients and moistness. Serve it with dinner as a better-for-you alternative to French fries or as a major ingredient in your entrée. Look for Zoodle Pad Thai with Shrimp on InSeasonzine.com. It's also great in baked goods to satisfy sweet cravings.

*Try these family-friendly ways to boost intake of Lutein and vitamins A, C & E!*

### Baked Zucchini Fries

#### Ingredients:

- 2 large egg whites
- 1 cup whole wheat panko breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 tsp. no salt added Italian seasoning
- 2 medium zucchini, cut into 1/2-inch sticks/wedges
- 1/2 cup low sodium marinara

#### Directions:

1. Preheat oven to 425°. Line 2 rimmed baking pans with parchment paper. In small bowl, whisk egg whites. In separate small bowl, whisk breadcrumbs, cheese and seasoning.
2. Dip zucchini in egg whites then in breadcrumb mixture to coat both sides; place in single layer on prepared pans. Spray zucchini with cooking spray. Bake 25 minutes or until golden brown and crisp; serve with marinara.



### Chocolate-Zucchini Muffins

#### Ingredients:

- 1-1/4 cups white whole wheat flour
- 1/3 cup unsweetened cocoa powder
- 1 tsp. baking soda
- 1/4 tsp. salt
- 1 large banana, mashed
- 1 large egg
- 1 cup unpacked shredded zucchini, squeezed to remove moisture (about 1 medium zucchini)
- 1/2 cup plain nonfat Greek yogurt
- 1/3 cup honey
- 2 Tbsps. coconut oil, melted
- 1/2 cup dark chocolate chips

#### Directions:

1. Preheat oven to 350°. Line standard 12-cup muffin pan with baking cups or spray cups with cooking spray.
2. In medium bowl, whisk flour, cocoa powder, baking soda and salt. In large bowl, whisk banana, egg, zucchini, yogurt, honey and oil until combined; add flour mixture and stir until just combined. Fold in chocolate chips; divide into prepared cups.
3. Bake 24 minutes or until toothpick inserted in center of muffins comes out clean.

