

HOW TO USE ZUCCHINI

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SAUTE

If picked at their prime, zucchinis require just a short saute before they're ready to enjoy.

BAKED GOODS

From muffins to breads and brownies, adding shredded zucchini to baked goods is always a good choice!

STUFFED

Scoop out those insides & roast them in the oven with your favorite filling. Consider adding cheese, too!

ZOODLES

Get yourself a special tool or carefully slice thin pieces with a traditional peeler then use in place of noodles.

CASSEROLE

Layer the zucchini into a baking dish with other seasonal vegetables, seasonings, grains, meat, and cheese, too.

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