

TRY IT TUESDAY: ZUCCHINI



Every Tuesday, we challenge you to try a new food! For each new food, there are three different activity levels. Each level gets harder as you go; Cook, Sous Chef, and Head Chef.

Health Benefits of Zucchini:

- Contains antioxidants which help protect cells.
- Contributes to healthy digestion.
- May reduce cancer risk.
- Can help with blood sugar control.
- Wonderful source of folate, potassium, and vitamin A.



Cook Challenge:

- Try zucchini. You can purchase fresh, frozen, or even zucchini noodles. Brainstorm ways you could include zucchini in your diet.



Sous Chef Challenge:

- Visit chefs.org/recipes and choose one of our recipes featuring zucchini. Make the recipe at home and enjoy with your family!
 - Bolognese Zucchini Pasta
 - Greek Chickpea Salad
 - Summer Squash Salad
 - Ratatouille



Head Chef Challenge:

- Create your own recipe using zucchini!