

Zucchini Recipes



Zucchini are:

- High in vitamin C
- 95% water
- Good source of potassium

Nutrition Facts

Serving Size: 1 medium zucchini
(196g)

Amount per serving

Calories 33

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol -

Sodium 16mg **1%**

Total Carbohydrates 6g **2%**

Dietary Fiber 2g **8%**

Sugars 5g

Includes - Added Sugars -

Protein 2g

Vitamin D 0mcg 0%

Calcium 31mg 2%

Iron 1mg 4%

Potassium 512mg 11%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

ZUCCHINI BAKE

Ingredients:

- 3 cups zucchini, sliced
- 2 cups tomatoes, cut in chunks
- 1 cup onions, sliced
- 1 teaspoon salt
- 1 ½ teaspoon Italian seasoning
- dash cayenne pepper

Arrange zucchini, tomato, and onion in a lightly greased casserole dish. Sprinkle seasoning over the mixture. Bake at 350°F for 30 to 45 minutes, depending on how well-cooked you want the vegetables. (Serves 6)

SQUASH STUFFING

Ingredients:

- 1 tablespoon margarine, melted
- 1 small package herbed stuffing
- 2 cups zucchini, cut into bite-sized pieces
- 1 cup onion, chopped
- 3 carrots, shredded
- 1 cup low-sodium chicken broth

Put the herbed stuffing, reserving 1 cup, in a 3-quart casserole dish. Combine all other ingredients with the stuffing mix. Pat lightly into the casserole dish. Sprinkle the reserved stuffing cubes on top. Bake at 350°F for 45 minutes. (Serves 8)

For a quick treat, roast slices in the oven or air fryer – drizzle with olive oil and sprinkle with parmesan cheese!



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Zucchini Recipes

SKINNY CHOCOLATE ZUCCHINI LOAF OR MUFFINS

Ingredients:

- 1 cup Gold Medal all-purpose flour
- ½ cup unsweetened cocoa
- ½ tsp baking soda
- ½ tsp baking powder
- ¼ tsp salt
- 2 large eggs or 4 large egg whites, at room temperature.
- ¼ cup light butter made with canola oil, melted or an additional 1/4 cup unsweetened applesauce
- ¼ cup unsweetened applesauce
- ½ cup brown sugar sweetener
- ½ cup white granulated sugar sweetener
- 1 tsp pure vanilla extract
- 1 ½ cups shredded zucchini, packed
- 4 Tbsp no sugar added chocolate chips, divided

(yields 12 muffins)

Directions:

1. Preheat your oven to 350 degrees. Spray a 9x 5-inch loaf pan with nonstick cooking spray or a 12-cup muffin tin with non-stick cooking spray. Set aside.
2. In a medium mixing bowl, whisk together the flour, cocoa powder, baking soda, and salt. Set aside.

3. In a separate mixing bowl, combine the eggs, melted butter, unsweetened applesauce, vanilla extract, and brown and white sugar sweetener. Stir until well combined.
4. Gradually stir the dry ingredients into the wet ingredients. Don't overmix.
5. Stir in the shredded zucchini until JUST combined.
6. Fold in 3 Tbsp of the no sugar added chocolate chips.
7. Pour batter into prepared pan. Sprinkle the remaining 1 tablespoon no sugar added chocolate chips over the top of the batter.
8. LOAF: Bake for 50-60 minutes, or until a toothpick inserted into the center of the bread comes out mostly clean.
9. MUFFINS: Bake for 15-18 minutes, or toothpick inserted into the center of the bread comes out mostly clean.
10. Remove the pan from the oven and set on a wire cooling rack.
11. Let it cool in the pan for 10 minutes before running a knife around the edges. Remove from pan before slicing.



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



TEX-MEX SUMMER SQUASH CASSEROLE

Ingredients:

- 7 medium squash – diced/10 cups
- 2 ¼ cup shredded cheese, divided
- 1 medium onion – chopped
- 1 4oz. can diced green chilies
- ¼ cup flour
- ½ tsp. salt
- ¾ cup salsa
- 4 green onions – sliced
- ¼ cup red onion – chopped

Directions:

1. In large bowl, combine squash, ¾ cup cheese, onion, chilies.
2. Sprinkle with flour and salt. Toss.
3. Place in greased 9x13 dish. Bake 30-40 minutes covered at 400 degrees.
4. Spoon salsa over top and add 1 ½ cup cheese.
5. Bake uncovered 10-15 minutes until golden brown. Let stand 10 minutes.
6. Top with green and red onions.

(serves 8)

FARMER'S MARKET SQUASH SAUTEE

Ingredients:

- 2 cups whole grain rotini pasta
- 3 boneless chicken breasts
- 1 Tbsp olive oil
- 2 medium zucchinis, diced
- 4 medium carrots, peeled and diced
- 2 medium yellow squash, diced
- 2 garlic cloves, minced
- 2 Tbsp fresh chopped basil
- ¾ cup light Alfredo sauce
- 2 Tbsp shredded parmesan cheese

Directions:

1. Cook pasta according to package directions
2. Roast chicken breasts at 400 degrees for about 25-35 minutes
3. Dice chicken into bite sized pieces
4. In a large sauté pan, add olive oil, zucchini, and carrots. Sauté until lightly cooked.
5. Add yellow squash and garlic and sauté until all vegetables are tender.
6. Remove from heat and stir in basil, chicken, and pasta.
7. Add Alfredo sauce and toss until ingredients are evenly coated.
8. Sprinkle with parmesan cheese.



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

BALSAMIC STIR FRY VEGETABLES

Ingredients:

- ¼ cup olive oil
- 1 Tbsp soy sauce
- 1 Tbsp balsamic vinegar
- ¼ tsp salt
- ¼ tsp pepper
- 1 small eggplant, unpeeled
- 1 medium zucchini
- 1 small onion
- 2 medium carrots
- 1 green bell pepper
- 1 red bell pepper
- Cooked rice or pasta, optional

Directions:

1. In a large bowl, combine olive oil, soy sauce, balsamic vinegar, salt, and pepper.
2. Chop eggplant, zucchini, onion, carrots, and bell peppers into bite-sized pieces.
3. Add vegetables to bowl with balsamic mixture. Stir to coat.
4. In a large pan or electric skillet, cook vegetables over medium-high heat until crisp, about 10 minutes.
5. Remove from heat and serve – over pasta or rice.

(yields eight 1-cup servings)



ROASTED VEGETABLES

Ingredients:

- vegetables of your choice
- vegetable or olive oil – 1 tsp per 2 cups of vegetables
- salt and pepper to taste

Directions:

1. Preheat oven to 425 degrees.
2. Cut and separate the vegetables of your choice by roasting time into 2 different bowls(see chart).
3. Add oil, salt, and pepper to vegetables in both bowls. Toss to coat evenly.
4. Arrange vegetables from each bowl in a single layer on 2 different baking sheets, separating by roasting time.
5. Roast in the oven until softened and slightly brown.
6. Remove from oven and allow to cool slightly.

VEGETABLES	ROASTING TIME
Yellow Squash Cut into 1-inch pieces Zucchini Cut into 1-inch pieces Asparagus Ends trimmed	15 minutes
Brussel Sprouts Ends trimmed and cut in half Carrots Peeled, ends trimmed, cut into 1-inch pieces Potatoes Cut into 1-inch pieces	30 minutes

ZUCCHINI ROSEMARY PIZZA

Ingredients:

- 4 cups shredded zucchini (about 4 medium zucchini)
- ½ cup mozzarella cheese
- 1 tsp oregano
- 1 egg
- ½ tsp salt
- ¼ tsp pepper
- ½ small red onion
- 2 small tomatoes
- 2 garlic cloves, minced
- 2 Tbsp olive oil
- 1 Tbsp fresh rosemary
- ¼ cup grated parmesan cheese

Directions:

1. Preheat oven to 450 degrees.
2. Shred the zucchini with a cheese grater.
3. Squeeze out as much water as possible.
4. In a large bowl, measure 4 cups of shredded zucchini.
5. Stir in mozzarella cheese, oregano, egg, salt, and pepper.
6. Lightly spray a 12-inch pizza pan with cooking spray.
7. Spoon mixture onto pan to form a ½ inch high crust.
8. Bake 15 to 20 minutes, until mixture is set and slightly browned.
9. Chop half of a red onion and the tomatoes into small, diced pieces.

(yields 8 slices)

10. In a small bowl, mix the olive oil, garlic, and rosemary.
11. Spread the mixed topping evenly over the baked crust.
12. Spoon onion and tomatoes over the pizza. Bake an additional 10 minutes.
13. Remove from the oven; sprinkle parmesan cheese over the top.

SUMMER ITALIAN VEGETABLES

Ingredients:

- 1 medium onion, diced
- 1 medium yellow squash or zucchini, chopped
- 1 tomato, chopped
- 1 green pepper, diced
- 1 (8 oz.) can tomato sauce
- 1 tsp Italian seasoning
- ½ tsp garlic powder
- ½ cup shredded mozzarella cheese

Directions:

1. Preheat oven to 350 degrees.
2. Collect, chop, shred, and measure all ingredients.
3. Combine onion, squash or zucchini, tomato, and green pepper in a 9-inch square baking dish.
4. In a small bowl, mix the tomato sauce, Italian seasoning, and garlic powder together, then pour the sauce over the vegetables.
5. Bake uncovered for 30 to 35 minutes until tender.
6. Top with cheese, bake another 4-5 minutes until melted.
7. Remove from oven and let stand for 5 minutes.

(yields six ½ cup servings)



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

CHICKEN AND BRUSSEL SPROUTS ONE PAN MEAL

Ingredients:

- 2 skinless boneless chicken breasts (about 1 pound)
- 1 Tbsp olive oil
- Salt and pepper to taste
- 12-14 brussel sprouts, trimmed and quartered
- 1 cup sliced fresh mushrooms
- 1 red bell pepper, diced
- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- ½ cup half-and-half
- ¼ tsp nutmeg
- ¾ cup parmesan cheese

Directions:

1. Preheat oven to 425 degrees.
2. Cut chicken into bite-sized pieces.
3. Heat oil in a heavy, oven-safe skillet or pan over medium heat.
4. Add chicken and sauté 3-4 minutes. Lightly season with salt and pepper.
5. Add vegetables and stir gently to combine. Cook 3-5 minutes until tender.
6. Remove from heat. If pan is not oven safe, transfer to a baking dish.
7. In a small bowl, combine half-and-half, nutmeg and salt and pepper to taste.
8. Pour mixture over chicken and vegetables. Sprinkle with parmesan cheese.
9. Bake 25-30 minutes until golden on top.

(yields six 1-cup servings)



OSU EXTENSION PIKE COUNTY

Tammy Jones

Family and Consumer Sciences Educator

740-289-4837

jones.5640@osu.edu



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES