Zucchini Galore!
Zucchini is available all year round, but in the summer you may have a bounty crop. So, what can you do with all that zucchini? You can use zucchini in a salad, roasted alongside other vegetables, in soups, grilled or stuffed. Zucchini is easy to prepare and enjoy any time of year.

Here are tips to buy and store zucchini.
» Select zucchini that is glossy and small to medium-sized, and heavy for its size.
» Store unwashed zucchini in a plastic bag or in produce drawer of the refrigerator for up to 5 days.
» Before using zucchini in a recipe scrub gently in cold water.
» Trim both ends of zucchini then slice, chop, cut into wedges, stuff, or grill. Zucchini doesn’t need to be peeled. It can be eaten raw or cooked.

Grilled Vegetable Packets Serves 5
Ingredients
» 2 zucchini, small (sliced)
» 2 yellow squash, small (sliced)
» 4 red potatoes, small (scrubbed well and sliced)
» ½ red onion (sliced)
» ½ bell pepper (red or green, seeded and sliced)
» ¼ cup Italian salad dressing, light
» salt and pepper (optional, to taste)

Directions
1. Wash hands. Heat grill to medium or oven to 400°F.
2. Wash vegetables and slice.
3. In a large bowl toss vegetables and dressing until vegetables are coated.
4. Tear 2 large squares of aluminum foil and place half of the vegetable mixture on each piece. Place an equal piece of foil over the top of vegetable mixture and fold edges of bottom piece over top sheet to form a packet.
5. Place on heated grill or in oven for 20 to 30 minutes or until the vegetables are tender.
6. Poke holes in the foil with a fork to release steam. Be very careful opening the foil as the steam is very hot and could burn you!

Nutrition Information: Calories 133, Fat 0g, Sodium 144mg, Carbohydrate 29g, Dietary Fiber 4g, Protein 4g | Source: ChooseMyPlate.gov

Nutrition Links Thrifty Tips:
» Add variety and volume to chili and soups by adding chopped or shredded zucchini.
Food Safety Tips for Home Delivered Groceries

Home delivered groceries must be held properly to prevent anyone from getting sick. Delivered food needs to stay at a safe temperature to prevent the growth of germs that could make you sick. Follow these food safety tips to prevent foodborne illness.

» First, ask questions. Verify that the company sends perishable items (meat, poultry, eggs and dairy) with a cold pack. They should be packed in a foam or heavy corrugated cardboard container.

» Second, check that perishable items are properly labeled “Keep Refrigerated.”

» Last, confirm that the company allows you to select a delivery date and time. Someone needs to be home to receive the delivered groceries and safely put away perishable foods.

When you receive food marked “Keep Refrigerated,” open it immediately and check temperature with a food thermometer. Perishable food should arrive frozen, partially frozen with ice crystals or at least as cold as it would be in a refrigerator (40°F or below).

Source: Kitchen Companion, FSIS, USDA March 2015 and Tips for Meal Kit and Food Delivery Safety* CDC 2020 | Image credits: freepik.com

How to Use Knives Safely in the Kitchen

1. Always use a cutting board. Do not hold food in your hand while you cut it. Keep fingers on top of the blade in case it slips.

2. Use color-coded plastic or glass cutting boards for different types of food. Avoid using wooden cutting boards because harmful bacteria can cling to the surface.

3. Sharpen knives often. Dull blades cause more accidents because they are harder to work with and require more pressure. Sharp knives do not slip as easily and cut easier.

4. Choose the correct size knife and appropriate blade for the job. Using a small knife for a task that requires a chef’s knife can be dangerous.

5. Keep knives away from the edge of the counter so they don’t fall off. Step out of the way if a knife is dropped. Never try to catch a falling knife or blade.

6. Use knives for their intended purpose. Do not use knives as can openers, screwdrivers, or box cutters. Store knives in a knife rack or drawer when not in use.

Source: USDA, Food and Nutrition Service

Learn more about cooking healthy on a budget! Contact Nutrition Links to see if you are eligible for free nutrition classes: scan this QR code, call 888-778-3535 or email nutritionlinks@psu.edu.