

Harvest of the Month: Zucchini



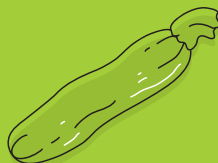
Zucchini is a long, usually green variety of summer squash. It's ancestors have their origins in central America, but Zucchini specifically originates from Milan, Italy as recently as the 19th century. In the United Kingdom, zucchinis are usually called courgettes.



Zucchini is high in fiber which helps you feel full. It's also high in essential vitamins and minerals including beta-carotene, vitamin C, folic acid, and calcium



Zucchini and many other summer squash have edible blossoms. They are a traditional food in Italy, where they are called "fiori di zucca". They are often lightly battered and fried.



Ingredients

- 2 medium zucchini *sliced into rounds*
- 1 tablespoon olive oil
- Salt and pepper
- 1 cup grated parmesan



Directions

1. Preheat oven to 450°F and line a baking sheet with foil (optional for easier clean up).
2. Place zucchini slices on the baking sheet and drizzle with olive oil. Toss until well-coated. Spread slices out into a single layer.
3. Sprinkle generously with salt and pepper.
4. Top each slice with parmesan.
5. Bake on center rack for about 10 minutes, until zucchini is just fork tender. Set broiler on high and broil for 2 to 3 minutes, until cheese is bubbly and browned