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Zucchini Houdini: Seven Ways to Sneak in This Superfood

 AUGUST 29, 2013 BY [CARRIE ANTON](#)  [1 COMMENT](#)



Superfood to the rescue

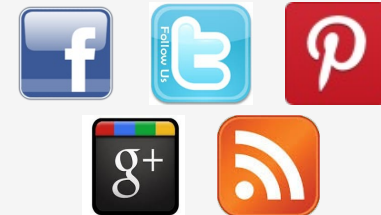
Take a stroll through a farmer's market and you'll probably see some gigantic zucchinis for sale. After all, 'tis the season. But if you're only vaguely impressed by what this veggie has to offer, then you've probably had one too many bland mixed medley sides with your meal.

Zucchini is a vegetable that has it all: it's low in calories, high in protein and fiber, and packed with vitamin C and potassium. It's no wonder it makes the superfood lists of health magazines time and time again. What you

may not know though is just how clever and cunning this lean green veggie can be. Sure you can eat it alone—cooked or raw—but give our seven prep techniques a try and you'll soon be slipping zucchini into all kinds of snacks, suppers, sips, and sweets.



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1. **Grated:** Flip the switch on your food processor or burn some calories with a box grater to take your zucchini from whole to shredded. Grated zucchini is great when baking breads, muffins or cupcakes. Or if you or someone you feed is a picky eater, sneak it into crab cakes, burgers, or savory pancakes. If you grate too much, pack and put it in the freezer to use for another meal.

2. **Peeled:** If you're cutting back on carbs or you're gluten-free, meet your new pasta replacement. Using a veggie peeler or gadget designed specifically for this purpose, peel the zucchini into fine strips. Flash boil it and add a topping and you've got a low-cal pasta-inspired dish.

3. **Sliced:** Later tater, it's time for a new chip! Potato chips are so 1985; make your snack a treat for you and your health. Using a mandolin, slice your zucchini into thin pieces and bake them in the oven. Experiment with seasonings such as a sea salt and pepper mix, a cajun kick, or a parmesan zip.



Peeled, rolled, and packed with flavor

4. **Chopped:** Grab a knife and get cutting. Cut slices into quarters to add to a stir-fry, salad, or spaghetti sauce. Or wrap them in foil with a little olive oil and seasoning and cook them on the grill.

5. **Pressed:** Zucchini-tini, anyone? That's right, this veggie is packed with so much water that it makes a great drinking partner. Next time you grate zucchini to eat, drain off the excess water by giving it a few good squeezes in cheese cloth. Use the liquid to make martinis and mojitos, or stay on the virgin side with a refreshing lemonade addition.

6. **Julienned:** Do french fries make it hard for you to eat right? Stick it out with a healthier version. Cut up zucchini into strips, add a little panko bread crumbs, almond flour or parmesan cheese with some seasoning and give them a good bake. You'll soon be saying au revoir to french fries.

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7. **Scooped:** Set sail for a more fun food with zucchini boats. Cut a zucchini in half and scoop out the seeds. Now comes the fun part: the filling! Use pepperoni, marinara sauce and a light cheese for a pizza dish. Try beans, seasoned ground turkey, and avocado for a taco twist. Or add fresh basil, mozzarella, and tomatoes to start a Caprese craze.



Aboatload of yum

No matter which way you slice it, the recipe choices for zucchinis are endless. How do you like to eat zucchini? Or if you don't, are you convinced enough to try? Tell us!



Carrie Anton (8 Posts)

Carrie Anton is a freelance writer focusing on health, fitness, and sports. She's been published in Self, Women's Health, Oxygen, and Maximum Fitness.



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