

# SPEND SMART. EAT SMART.®

## Chocolate Chip Zucchini Muffins

Serves: 12 Cost/Serving: \$0.19 Serving Size: 1 muffin

### INGREDIENTS

- 2 cups whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 2 teaspoons cinnamon
- 1/2 cup unsweetened applesauce
- 1/4 cup oil (canola, olive, or vegetable)
- 1/4 cup nonfat milk
- 1 banana, mashed
- 1/4 cup brown sugar
- 1 cup zucchini, washed and shredded (about 1/2 large unpeeled zucchini)
- 1/4 cup chocolate chips

### INSTRUCTIONS

- 1 Preheat oven to 350°F. Lightly grease a muffin tin.
- 2 Whisk together flour, baking powder, baking soda, and cinnamon in a large mixing bowl.
- 3 Whisk together applesauce, oil, milk, banana, and sugar in a separate bowl.
- 4 Add wet ingredients to dry ingredients. Stir until just moistened.
- 5 Stir in the zucchini and chocolate chips.
- 6 Divide the mixture between 12 muffin tins. Bake until a tester (knife or toothpick) comes out clean (about 18 minutes).

### Nutrition Facts

12 servings per recipe

**Serving Size: 1 muffin**

**Amount Per Serving**

**Calories 160**

**% Daily Value\***

<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrates</b> 26g	<b>9%</b>
Dietary Fiber 3g	<b>12%</b>
Total Sugars 9g	
Added Sugars	<b>NA*</b>
<b>Protein</b> 3g	
Vitamin D 0.1mcg	<b>1%</b>
Calcium 70mg	<b>5%</b>
Iron 1.1mg	<b>6%</b>
Potassium 171mg	<b>4%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA\* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

# SPEND SMART. EAT SMART.®

## Autumn Soup

Serves: 6 Cost/Serving: \$1.15 Serving Size: 1 1/2 cups

### INGREDIENTS

- 1 butternut squash (about 4 pounds)
- 1 tablespoon oil (canola, olive, or vegetable)
- 1 onion, diced (about 1 cup)
- 2 apples (peeled, cored, and sliced) (about 2 cups)
- 4 cups reduced sodium chicken broth
- 4 ounces Neufchatel cream cheese, cubed

### INSTRUCTIONS

- 1 Wash squash and pat dry with a paper towel. Prick skin 6–8 times with a knife or fork. Place squash on a microwave safe plate, and microwave for 5 minutes.
- 2 When the skin of the squash is cool enough to touch, cut off the top and bottom of the squash. Cut off peel and cut in half lengthwise. Scoop out seeds. Cut squash into cubes.
- 3 Heat oil in a large saucepan over medium high heat. Add onion and cook for 5 minutes.
- 4 Add squash, apples, and chicken broth. heat to boiling and then reduce heat to medium low. Cover and cook for 25 minutes until squash and apples are tender.
- 5 Blend soup until smooth using an immersion blender, blender, or food processor.
- 6 Return soup to saucepan and add Neufchatel cheese. Cook and stir with a whisk until cheese is smooth.

### TIPS

Watch How to Prepare [Winter Squash](#).

### Nutrition Facts

6 servings per recipe

Serving Size: 1 1/2 cups

Amount Per Serving

**Calories** **210**

% Daily Value\*

Total Fat 7g 11%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 440mg 18%

Total Carbohydrates 35g 12%

Dietary Fiber 6g 24%

Total Sugars 12g

Added Sugars NA\*

Protein 6g

Vitamin D 0mcg 0%

Calcium 138mg 10%

Iron 2mg 10%

Potassium 955mg 20%

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# ZUCCHINI



## NUTRITION BENEFITS

- Vitamin C: helps heal cuts and helps the immune system
- Low in calories: helps prevent weight gain



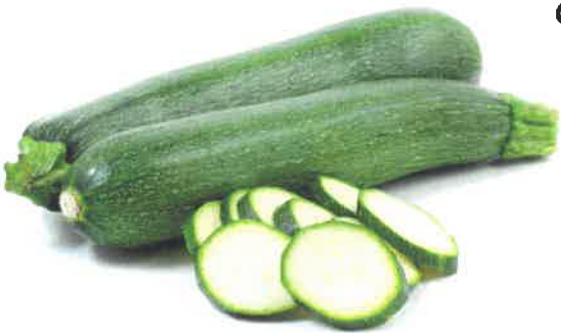
## STORING

Store zucchini in a plastic bag in the vegetable (crisper) drawer of the refrigerator and use within 4-5 days.



## CLEANING

When ready to use, rinse zucchini under cool running water.



# Produce Basics



## PREPARING

### Roasted Zucchini

- Preheat oven to 450°.
- Cut off both ends of the zucchini.
- Cut the zucchini in half lengthwise (the long way), then cut each half into pieces about 1 inch each.
- Put the pieces in a bowl and add enough oil to lightly coat the zucchini. Toss the zucchini to coat in oil.
- Spread zucchini out on a baking sheet and sprinkle with grated Parmesan cheese or a pinch of your favorite seasoning blend.
- Put in oven for 8-10 minutes until zucchini is tender but not mushy.

### Sautéed Zucchini

- Cut off both ends of the zucchini. Cut the zucchini in half lengthwise (the long way), then cut each half into pieces about 1/2 inch to 1 inch.
- Heat 1 tablespoon of vegetable or olive oil in a pan over medium heat.
- Add the zucchini, stir occasionally, and cook for about 5 minutes until it is tender but not mushy. Add a pinch of salt, pepper, oregano or garlic powder.

### Other Ideas

- Make zucchini bread or muffins.
- Put with other veggies on skewers on the grill.
- Add grated zucchini to meatloaf or turkey burgers before cooking.



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# WINTER SQUASH

## Produce Basics



### NUTRITION BENEFITS

- Vitamin A: helps with seeing at night and helps the immune system
- Vitamin C: helps heal cuts and helps the immune system
- Fiber: helps reduce cholesterol levels and may lower your risk of heart disease



### STORING

- Store in a cool, dark place for up to a month.
- Once cut, refrigerate in covered container or wrapped in foil or plastic wrap for 2-4 days.



### CLEANING

Rinse squash under cool running water and dry with a clean towel.



### PREPARING

#### How to Prepare Winter Squash

1. Rinse squash under running water and dry with a clean towel.
2. Pierce the squash several times with a sharp knife and place on a microwave safe plate or dish.
3. Microwave the squash on high for 6-8 minutes. Allow it to cool enough to be touched.
4. Cut off the top inch of the squash including the stem.
5. Cut the squash in half. Scoop out the seeds with a spoon.
6. Place the two halves face down on the microwave safe plate or dish with ½ cup of water. Microwave on high 5 minutes. Check if the squash can be easily scooped with a spoon. If not, cook another 3-5 minutes or until the flesh is the texture of a cooked potato. Set aside to cool.
7. Once the squash is cool enough to touch, dice the squash with a knife without cutting through the skin and scoop out the diced pieces or scoop out the flesh and mash with a fork.

#### Easy Roasted Veggies

##### Ingredients

- 5 cups assorted vegetable pieces cut in chunks (potatoes, sweet potatoes, winter squash, turnips, carrots, onions, mushrooms)
- 1 tablespoon vegetable or olive oil
- 2 teaspoons dried Italian seasoning
- 1/8 teaspoon black pepper
- 1/8 teaspoon salt

##### Instructions

1. Heat oven to 425°F.
2. Line a 9x13 pan with aluminum foil.
3. Spread vegetables in pan. Sprinkle with oil and seasonings. Stir.
4. Bake uncovered 45 minutes. Turn every 15 minutes.
5. Serve while hot.



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