

Recipes

Ciambotta (Southern Italian Vegetable Stew)

This vegetable-laden stew makes a delicious dinner with crusty bread. When reduced, it can also make a hearty pasta sauce.

- ½ lb. eggplant, unpeeled and cut into 1-inch cubes
- 1 tablespoon extra-virgin olive oil
- 1 large onion, thinly sliced
- 5 large cloves garlic, minced
- 1 stalk celery, thinly sliced
- large handful of fresh basil
- 1 lb. ripe plum tomatoes, peeled and chopped finely in the food processor (or a 14-oz. can Italian plum tomatoes, drained and processed)
- ¾ lb. new potatoes, scrubbed and cut into 1x2-inch pieces
- ½ lb. zucchini, cut into ½-inch rounds
- 1 large (or 2 small) sweet red or yellow peppers, seeded and cut into 1x2-inch strips
- Salt and freshly-ground black pepper

1. Toss eggplant cubes in a colander with 2 t salt. Let sit in the sink until it starts to sweat out the bitter juices. Rinse them, drain, them and pat dry, squeezing a little.

2. In a large pot, heat oil. Add onion, garlic, and celery. Stir-cook over high heat for about 5 min, adding a little water as necessary to prevent sticking

and burning. Add basil and stir-cook for 1 min, then add tomatoes. When it comes to a simmer, add eggplant, potatoes and ½ t salt. Stir, bring to a boil, then turn down and simmer, covered, for 15 min. Add zucchini and peppers and simmer 15 min more, or until vegetables are tender.

3. Taste for salt and pepper, transfer to a warm serving bowl, and allow to stand 15 min before serving.

Bibliography

Prevention Magazine's Nutrition Advisor by Mark Bricklin and the Editors of Prevention Magazine

Eat, Drink, and Be Healthy by Walter C. Willett, M.D.

Dr. Andrew Weil, M.D. web site
www.drweil.com

"Summer Squash" University of Illinois Extension Watch Your Garden Grow series.

Local Foods Connection
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ZUCCHINI



Zucchini is a summer squash, along with patty pan and crookneck varieties.

Health Benefits

Zucchini

- Generally, there is little variation in nutritional value between varieties of squashes.
- The peel is where many of the nutrients hide, so do not peel organic summer squashes.
- is one of the lowest calorie foods in existence.
- contributes some potassium and magnesium to your diet.
- has a little folate and vitamin C to help boost your immune system.



Preparation and Serving

Cleaning

- Put unwashed zucchini in a plastic bag in the crisper drawer of the refrigerator.
- Wash just before preparation. As with most vegetables, water droplets promote decay during storage.

What Parts to Eat

- The whole plant. Do not peel!
- The blossoms are edible flowers, raw or cooked.

Cooking

- Summer squash can be used interchangeably in most recipes.
- Grilled, steamed, sautéed, fried or used in stir fry recipes.
- Mixes well with onions, tomatoes and okra in vegetable medleys.
- Tiny baby squash can be used as appetizers, or left whole and sautéed with other vegetables.

- Serve with a stuffing of meat, bread crumbs, and seasonings, like chopped onions, garlic and parsley.
- Summer and winter squash blossoms can be battered and fried in a little oil.

Vegetable Facts

Fiber

From a health standpoint, one of the wonderful things about eating fruits and vegetables is that they contain much you cannot digest. These substances are called fiber.

Fiber can help:

- manage blood sugar levels
- lower your cholesterol
- lower your risk of heart disease
- lower your risk of circulatory problems
- calm irritable bowel syndrome
- relieve or prevent constipation