

[Zucchini]

Enjoy these summer vegetables stewed or stir-fried

Now in season

Mar. Apr. May Jun. Jul. Aug. Sept. Oct. Nov. Dec. Jan. Feb.



Although they look like cucumbers, they are actually a summer vegetable from the pumpkin family and can be cooked by stewing, grilling, stir-frying, or other methods. Although zucchinis have a vivid green color, recently you can see a yellow variety with a different texture and taste.



How to Choose and Store

- It should be around 20 cm long, and have skin that is firm and shiny with a uniform thickness.
- Wrap them in paper towels and store in a cool, dark place. If they are cut, wrap them in plastic wrap and store in the refrigerator.
- * They lose their flavor as they become dry, so use them as soon as possible.
- * Do not eat them if they taste bitter.



Nutritional Content

- Beta-carotene, potassium, etc.



With low calories and low carbohydrates, they are appealing vegetables with a relatively high nutritional value. Beta-carotene in particular is a fat-soluble vitamin, so the absorption rate increases if you cook it with oil.



Recommended Dishes

- Zucchinis have a light taste with a faint sweetness. They can be eaten with their skin and have a texture similar to eggplants.

When stewing zucchinis, lightly stir-fry them first to make them sweeter!

great with spaghetti



Spaghetti aglio, olio e peperoncino with zucchini



Miso soup with deep-fried tofu and zucchini



References: Website "Toretate Daihyakka" (Encyclopedia of seasonal food) JA Group / Website "olive-hitomawashi," General Link Inc. / App "ehealthyrecipe," Daiichi Sankyo Co., Ltd. / Standard Tables of Food Composition in Japan - 2020 (Eighth Revised Edition)

[Note] When zucchinis are in season was roughly determined using statistical data from the Tokyo Metropolitan Central Wholesale Market as a guide.

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website (English version)!

The website is available in English. Please be sure to read it.



Click "English" at the bottom of the homepage. <http://www.sonykenpo.or.jp/>

