

# Zucchini

- Wash, trim and cut, dice, or shred.
- Enjoy grilled, tossed into a stir-fry, turn into “noodles”, or shredded and added to muffins or bread.
- Eat soon (1 week)

Refrigerate unwashed in a plastic bag.

*To freeze: wash, slice, blanch 3 min, cool, and dry. Store in a plastic bag (up to 1 year).*

