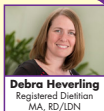




The Dietitian's DISH

...for a
Healthy
Lifestyle



Squash Traditional Eats this

Cinco de Mayo



Zucchini and yellow squash are versatile vegetables with a “swap-portunity” to lower the carbs and calories in all types of recipes. Most commonly, they are a substitute for pasta and tortillas. Both green and yellow varieties have high water content, protective antioxidants, fiber, and essential nutrients.



Whether you stuff, slice or shred them, they'll fuel the body without a lot of calories and in a heart-protective way. Not to mention, it's a tasty way to stay hydrated – more flavorful than water! Proper hydration helps keep your body's organs and systems functioning, your skin glowing, and your energy levels high. What's not to love about one simple swap that will have you looking and feeling better!



Zucchini Taco Shells

Ingredients:

- 3 cups grated zucchini (about 3 small)
- Generous pinch of salt
- 1/4 cup almond flour
- 1/2 cup shredded cheddar cheese
- 1 egg, lightly beaten
- 1/4 tsp. garlic powder
- 1/8 tsp. ground black pepper
- Choice of fillings/toppings

Directions:

1. Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. Put grated zucchini in a strainer and lightly salt. Let it sit in the sink or over a bowl to drain as much moisture as possible, about 20 minutes.
3. In a large bowl, mix together zucchini, almond flour, cheese, egg, and garlic powder. Season with pepper.
4. Scoop 1/4-cup portions onto the baking sheet, then press each down until 1/8-inch thick.
5. Bake until the shells are lightly browned and crisp, about 25 minutes. Let cool slightly, then top with fillings/toppings of choice.