

Health Tip of the Month

Don't Forget Your Grater

Tempted by all those new kitchen gadgets? Take another look at your box grater hiding in the kitchen. This easy to use and inexpensive tool can do more than just shred cheese!

Grated vegetables are easier to chew.

Add more color to your salads and slaws with raw beets, carrots, squash, and apples.

Grating vegetables is easier than chopping.

Add quick cooking grated vegetables to sautés, stir-fries, soufflés and omelets.

Grate onions, garlic, ginger or lemon peels to add flavor to any meal.



Easy Zucchini Noodles

Turn your grater on its side with the largest holes on top. Hold handle with one hand and slide zucchini away from you across the grater. This will make **long slender noodle cuts**.

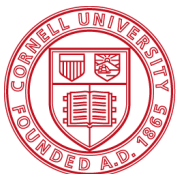
Repeat this motion until you reach the seeds in the middle. Rotate the zucchini until you have grated all the way around.

Sauté zucchini noodles in a pan with olive oil, garlic and your favorite seasonings. Cook the noodles for a few minutes until tender. Do not cook too long or they will lose their noodle-like texture.

Top with pasta sauce, or make Asian style noodles with low salt soy or teriyaki sauce.



Serve and enjoy!



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