

Environmental Health Investigators Nutrition Kit Summer 2020

Now that you have your garden started, what can you do with all those veggies??? This packet has some interesting nutrition facts about the fruits and vegetables that you grew using the Garden Starter Kit, as well as easy and nutritious recipes.

Nutrition Facts

Tomatoes:

- Tomatoes contain about 95% water. The other 5% consists mainly of carbohydrates and fiber.
- Raw tomatoes are made up of 4% carbohydrates, which amounts to fewer than 5 grams of carbohydrates for a medium-sized tomato (123 grams);
- Simple sugars, such as glucose and fructose, make up almost 70% of the carbohydrates in tomatoes;
- Scientists think that people in Peru were the first to domesticate and garden tomatoes.
- Tomatoes are a good source of fiber, providing about 1.5 grams of fiber in each average-sized tomato;
- Tomatoes are a good source of several vitamins and minerals such as vitamins A, K, B1, B3, B5, B6, B7, and C.
- *La Tomatina* is an annual festival in Spain, where people throw 150,000 tomatoes at each other. Sounds messy, but delicious!
- Tomato juice is the official state drink in Ohio.

Mesclun/ mixed greens:

- Mesclun is French for a mixture of tender young lettuces (baby greens) and other salad greens. The traditional mesclun mix includes chervil, arugula, lettuce, and endive.
- Salad greens contain vitamins A and C, beta-carotene, calcium, folate, fiber, and phytonutrients.
- Phytonutrients act as antioxidants, which help prevent chronic diseases like cancer and heart disease.
- Leafy vegetables do not contain cholesterol and are naturally low in calories and sodium.

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Zucchini squash:

- Zucchini is a summer squash in the Cucurbitaceae plant family, alongside melons, spaghetti squash, and cucumbers.
- Zucchini is also rich in antioxidants.
- It also contains small amounts of iron, calcium, zinc, and several B vitamins.
- It is rich in water and fiber, two compounds which help promote healthy digestion.
- It can be eaten raw or cooked in soups, stews, sandwiches, salads, baked good, and more.
- People living in the Americas first domesticated the ancestors of zucchini (progenitor) thousands of years in the past.

Looking to make some healthy meals from the fruits and veggies you grew! Look no further. These are some simple, tasty recipes that use all the veggies you grew. All the recipes are from allrecipes.com

Recipes

Baked Tomato Slices

Original recipe can be found at: <https://www.allrecipes.com/recipe/237805/baked-tomato-slices/>



Baked Tomato Slices

- Prep:10 mins
- Cook:5 mins
- Total:15 mins
- Servings:2

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Ingredients

- 2 tablespoons olive oil, divided, or as needed
- 1 large tomato, cut into 1/2-inch-thick slices
- 1 sprig fresh rosemary, leaves stripped and finely chopped
- 1 clove garlic, minced
- 1 pinch salt and ground black pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C). Brush baking sheet with about 1 tablespoon olive oil.

Arrange tomato slices on the baking sheet. Sprinkle rosemary and garlic over tomatoes and brush with remaining olive oil; season with salt and pepper.

Bake in the preheated oven until tomatoes are tender, 5 to 10 minutes.

Easy Stuffed Zucchini

Original recipe can be found at: <https://www.allrecipes.com/recipe/215680/easy-stuffed-zucchini/>



Easy Stuffed Zucchini

- Prep:20 mins
- Cook:50 mins
- Total:1 hr. 10 mins
- Servings:4

Ingredients

- ½ pound ground beef

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- 1 large zucchini, ends trimmed
- ½ cup breadcrumbs
- 2 cloves garlic, minced
- 1 (16 ounce) jar spaghetti sauce
- ½ (6 ounce) can sliced black olives, drained
- ½ cup grated Parmesan cheese
- 1 cup shredded mozzarella cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Cook and stir the ground beef in a skillet over medium heat until the meat is browned, breaking the beef up into crumbles as it cooks, about 10 minutes. Drain off excess fat and transfer the beef into a mixing bowl. Slice the zucchini in half the long way, and use a spoon to scoop out the flesh, leaving a 1/2-inch thick shell all around the zucchini. Chop the scooped-out zucchini flesh and add to mixing bowl. Stir in the breadcrumbs, garlic, spaghetti sauce, black olives, and Parmesan cheese; mix the stuffing well. Lightly stuff both halves of the zucchini with the meat mixture. Place the zucchini halves into a baking dish and cover tightly with foil.

Bake in the preheated oven for 45 minutes, remove from oven, and remove the foil. Sprinkle 1/2 cup of shredded mozzarella cheese over each zucchini half. Move an oven rack to within 6 inches of the oven broiler's heat source, turn on the broiler, and broil the zucchini until the mozzarella cheese is browned and bubbling, about 5 minutes.



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Environmental Health Investigators We Have Questions for You!

Thanks for participating in our Garden Soil Quality Kit! We would like to know more about your experience and what you are interested in learning. Please take 5 minutes to complete this short, [online questionnaire](#). It should only take you a couple minutes!

Thank you!

**Be sure to pick up the next Environmental Health Investigators kit in two weeks,
to get information about gardens!**

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