Vegetables provide important nutrients like vitamin A, vitamin C, potassium, folate (folic acid), and dietary fiber. It is important to eat a variety of vegetables because different vegetables provide different nutrients.

**Zoats**

*4 servings*

1 cup zucchini, gently rubbed under cold running water, shredded  
2 cups water or low-fat milk  
1 cup rolled or quick oats  
½ teaspoon cinnamon  
½ teaspoon vanilla  
1 Tablespoon peanut butter (optional)  
1 small banana, gently rubbed under cold running water, peeled and sliced (optional)  
1 Tablespoon chocolate chips (optional)

1. Wash hands with soap and water.  
2. In a medium-size microwave safe bowl, combine zucchini, water or milk, oats, cinnamon, and vanilla.  
3. Microwave on high for 1 minute. Stir.  
4. Microwave again for 1 minute. Stir. Continue microwaving and stirring until oats are soft.  
5. Stir in peanut butter if desired. Top with optional banana slices and chocolate chips.  
6. Store leftovers in a sealed container in the refrigerator for up to 4 days.

**Nutrition Information per Serving: (1/4 of recipe)** Calories 83, Total Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 8mg, Total Carbohydrates 15g, Dietary Fiber 2g, Sugars 1g, Protein 3g, Vitamin D 0%, Potassium 3%, Calcium 2%, Iron 5%