

How to Freeze and Store Zucchini

Before you pop that zucchini in the fridge or put your zucchini in the freezer, use these tips to help store zucchini for later. And as you're learning how to freeze and store zucchini, remember that step one is always to wash your hands thoroughly.



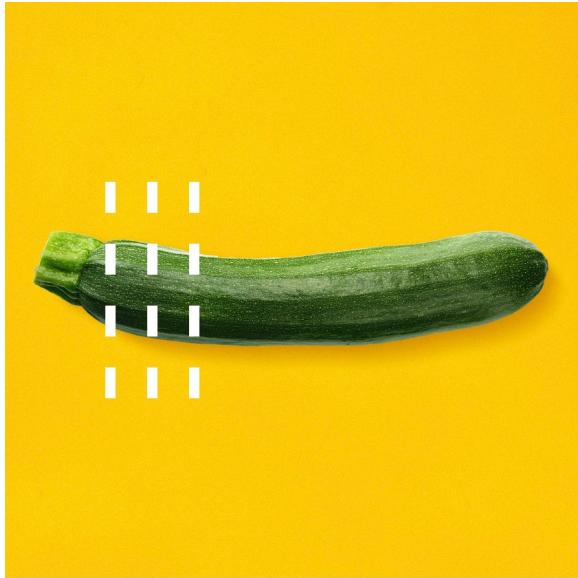
How to Store Zucchini

If you're wondering how to store zucchini, the good news is—it's easy. When storing zucchini that's raw and uncut, don't wash it, since excess moisture can lead to mold. Instead, take a paper towel and dry it off. Then, place your zucchini in a plastic bag, such as a Glad® Flex'n Seal™ Gallon Bag, and leave the top open for ventilation. Pop it in the crisper and you're good to go. Just be sure to give it a good rinse before eating.



How to Freeze Zucchini

When it comes to freezing zucchini, it's all about the blanching.



Step 1: Rinse and Slice Zucchini

Before you freeze zucchini, start by giving it a good scrub. Then, cut it into ½-inch round slices.



Step 2: Turn Up the Heat

Drop those babies into a pot of boiling water and let them cook for one to two minutes. One pro tip is to avoid using salt in the water because that can lead to mushier zucchinis.



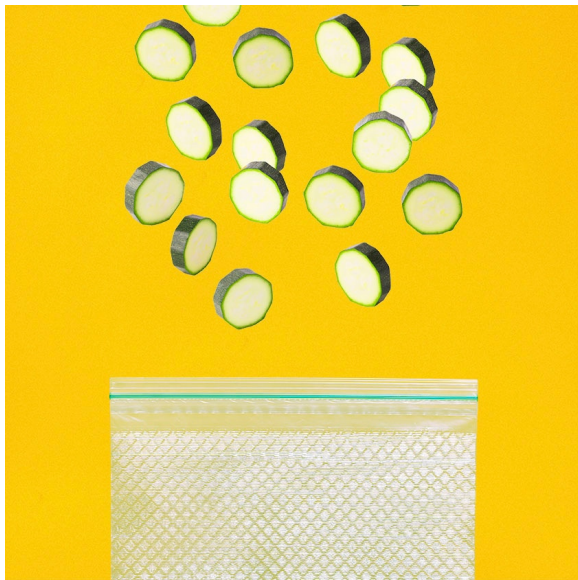
Step 3: Give It the Big Chill

Drain the water out and transfer your zucchini rounds to a bowl filled with ice water.



Step 4: Do a Flash Freeze

Once your zucchinis have cooled down, dry them off and place them on a parchment-lined baking sheet in a single layer and pop in the freezer.



Step 5: Save for Later

After freezing zucchini overnight, place the rounds in a freezer-safe bag, like Glad® Flex'n Seal™ Freezer Quart Bags.

How to Thaw Zucchini After Freezing

OK, so you learned how to store zucchini in the freezer—but what comes next? After storing zucchini in the freezer, it works best in dishes like soups and sauces that have other vegetables. If you're planning to use the frozen zucchini in baked goods, like zucchini bread, move it to the refrigerator to thaw. Then, squeeze out as much moisture as you can with a paper towel before using.

How Long Does Zucchini Last?

Now that you know how to store zucchini and how to freeze zucchini, you're probably wondering how long you have to use it. Whole zucchini in the fridge can last up to a week and cut zucchini in the freezer can last up to three months.

