

Healthy Eating

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Zucchini Bread

Serving size: 1 slice; Yield: 16 servings

Alice's Note: I like to use whole wheat pastry flour (a low gluten flour milled from a soft wheat) for all of the flour. Whole wheat pastry flour adds the fiber of whole wheat flour and produces a light, tender product. It is not suitable for use in yeast breads. Whole wheat pastry flour keeps longer if you transfer it to a freezer bag, squish out the air and store it in the refrigerator or freezer. As a general guideline, for best quality, use this flour within 6 months if stored in the fridge or 1 year if stored in the freezer.

- 3 eggs
- 1 cup sugar
- 1/4 cup vegetable-oil
- 2 cups grated zucchini
- 1 teaspoon vanilla
- 1 1/2 cups all purpose flour
- 1 1/2 cups whole wheat pastry flour
- 1 teaspoon salt
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1/2 teaspoon baking powder
- 1/2 cup raisins (optional)
- 1/2 cup chopped walnuts (optional)

1. Lightly grease and flour a 9 x 5 loaf pan.
2. In a large mixing bowl, beat eggs lightly. Add sugar, oil, zucchini, and vanilla and beat.
3. In a separate bowl, measure dry ingredients and stir to combine. Add nuts and raisins, if desired.
4. Add dry ingredients to the egg mixture. Stir just until all ingredients are moistened.
5. Spoon into loaf pan.
6. Bake at 325 degrees F for 50 minutes. Test for doneness by inserting a toothpick in the center. It should come out dry.
7. Allow loaf to cool 5 to 10 minutes before turning out onto a cooling rack.
8. Serve warm or allow to cool before slicing.



Source: Adapted from: *Favorite Recipes for Family Meals*, Washington State University Extension, and available at Food Stamp Nutrition Connection Recipe Finder at <http://recipefinder.nal.usda.gov>

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