

Nutrition Education

ZUCCHINI: Also includes Yellow Summer Squash, Yellow Straight Neck, Chayote, Crookneck, or Pattypan

SELECT: Squashes that are small and firm. Avoid squashes with soft spots, wrinkles or blemishes.

STORE: Store zucchini in refrigerator unwrapped and use within 1 week.

USE: Wash well with cool water, trim off ends. Eat raw or cooked.

ZUCCHINI BREAD

Ingredients:

1½ cups whole wheat flour	2 teaspoons cinnamon
1 teaspoon baking powder	½ teaspoon baking soda
1½ cups zucchini or summer squash, shredded	2 eggs, well beaten
¾ cup sugar	¼ cup vegetable oil
2 teaspoons vanilla extract	¼ cup applesauce

1. Preheat oven to 350 degrees.
2. Mix flour, cinnamon, baking powder and baking soda together.
3. Combine well beaten eggs, sugar, oil, applesauce and vanilla. Beat about 3 minutes. Stir in squash.
4. Add dry ingredients. Mix just until dry ingredients are moistened.
5. Pour into well-greased loaf pan. Bake 40-50 minutes or until toothpick put in center of loaf comes out clean. May also bake in 9 x 13 inch pan for about 30 minutes.

ZUCCHINI BREAD II

2 ½ cups shredded zucchini (about 2 small)	1 ½ cups all-purpose flour
1 cup unsweetened applesauce	1 ½ cups whole wheat flour
½ cup canola oil	3 teaspoons ground cinnamon
3 eggs	1 teaspoon baking soda
2 teaspoons vanilla	1 teaspoon salt
1 ½ cups sugar	¼ teaspoon baking powder

1. Heat oven to 350°F. Spray bottoms only of 2 (8x4-inch) loaf pans with cooking spray.
2. In large bowl, mix zucchini, applesauce, oil, eggs, vanilla and sugar until well blended. Stir in all remaining ingredients until well blended. Spoon batter evenly into pans.
3. Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans to cooling racks. Cool completely, about 1 hour.



