

Chef Katie's Zucchini Bread



This quick bread is a family favorite and a classic way to use up summer's bounty of zucchini!

YIELD 10 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

3 each	Eggs, large
¼ cup	Canola or Vegetable Oil
1 cup	Sugar, granulated
1 tsp	Vanilla Extract
2 cups	Zucchini, grated (about 1-2 medium)
2 cups	All Purpose Flour
½ cup	Whole Wheat Flour
2 tsp	Baking Soda
1 tsp	Baking Powder
½ tsp	Kosher Salt
1 tsp	Cinnamon, ground
1 tsp	Cloves, ground
1 cup	Walnuts, chopped

CHEF'S NOTES

This recipe cuts down on the sugar in a traditional quick bread recipe and replaces some of the flour with whole wheat to add a little extra fiber.

Walnuts add some fat to this snack or dessert, but it's the heart healthy kind! Walnuts are rich in Omega-3 and Omega-6 essential fatty acids making them a wonderful addition to your meals and snacks. You can chop the nuts in this recipe coarsely or finely, depending on your family's preference.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F. Grease a 9 x 5" loaf pan and a mini loaf pan or a small oven proof bowl or baking dish.
2. Using the paddle attachment on a stand mixer or a hand mixer, beat the eggs, oil, sugar, and vanilla together until light in color and thick. Fold in the grated zucchini.
3. Sift the dry ingredients together to combine. Stir into the zucchini mixture by hand until just blended. Fold in the walnuts.
4. Pour the batter into the prepared loaf pan until 2/3 to 3/4 full. Pour remaining batter into the smaller pan.
5. Transfer both pans to the preheated oven and bake for 40 minutes. Remove the small pan and turn the large loaf pan. Bake for another 20 minutes.
6. After removing from the oven, allow to cool slightly before removing from the pans. Cool completely on a wire rack before serving. Large loaf should yield 8-10 slices and small pan should yield 2 additional servings.

Nutrition Facts

12 servings per container

Serving Size 1 slice (130 g)

Amount per serving

Calories 370

% Daily Value *

Total Fat 22g 28%

Saturated Fat 2g 10%

Trans Fat 0g

Polyunsaturated Fat 9g

Monounsaturated Fat 10g

Cholesterol 45mg 16%

Sodium 340mg 15%

Total Carbohydrate 40g 14%

Dietary Fiber 2g 9%

Total Sugars 18g

Includes 17g Added Sugars 33%

Protein 6g 13%

Vitamin D 0.26mcg 0%

Calcium 30mg 2%

Iron 2mg 9%

Potassium 200mg 5%

Vitamin A 25µg 3%

Vitamin C 10mg 10%

Vitamin E 3mg 18%

Vitamin K 10µg 10%

Vitamin B-6 0.2mg 9%

Folate 70µg 16%

Vitamin B-12 0.1µg 5%

Phosphorus 100mg 8%

Zinc 1mg 7%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

