



Red Clay Cook-Off Family Style



Tatianna & Mom-mom Myra's Zucchini Bread

Ingredients:

- 2 C. All Purpose Flour⁽¹⁾
- 2 tsp. Salt
- 1 tsp. Baking Powder
- 1 tsp. Baking Soda
- 3 tsp. Ground Cinnamon
- 3 Eggs
- 1 C. Vegetable Oil ⁽²⁾
- 2 C. Zucchini, Shredded ⁽³⁾
- 2 1/4 C. Sugar ⁽⁴⁾
- 3 tsp. Vanilla Extract
- 1 C. Walnuts, Chopped, Optional

Instructions:

Preheat oven to 350°F. Grease and flour a loaf pan. Sift the flour, salt, baking soda, baking powder, and cinnamon together in a medium bowl. In a separate large mixing bowl, beat eggs, oil, vanilla extract and sugar⁽⁵⁾. Add sifted dry ingredients to the creamed mixture and stir just until combined⁽⁶⁾. Stir in shredded zucchini and walnuts (optional) until well combined. Pour batter into prepared pans. ⁽⁷⁾ Bake for 40-60 minutes or until a toothpick inserted comes out clean. The loaf top should be golden brown with a split running down the center. Cool pan on rack for 15-20 minutes. Remove bread from pan and cool before slicing to enjoy! ⁽⁸⁾

TIPS! Cooking for quality, nutrition and safety

1. Replace half of the all-purpose flour in this recipe with whole grain white flour for added fiber.
2. Replace ½ cup of the oil used in the recipe with unsweetened applesauce to cut down the fat
3. When shredded the zucchini, you can use a hand grater or a food processor with a grater attachment. Removing the skins from the zucchini will make the zucchini almost impossible to see in the bread if you are trying to hide the vegetable! Most of the nutrition in a zucchini is in the skin. Leave the skin of the zucchini on while shredding for added nutrition and beautiful flecks of green throughout the bread! If peeling the zucchini, save the skins to add to a smoothie for added nutrition.
4. Cut the sugar back to 1.5 cups to save calories and sugar. Swapping ½ cup of the oil with the applesauce will also help add sweetness.
5. To cream wet ingredients together, you can use an electric hand mixer or a stand mixer using the flat beater attachment. Using mixer will give the bread more volume from the incorporation of air into the wet ingredients. For quick breads, this step is not necessary however can be used for a more tender texture.
6. When adding the dry ingredients to the wet ingredients, be careful not to overmix. Overmixing will result in a more dense texture.
7. To turn this recipe into a great grab and go item, use a muffin tin in place of a bread pan for individual Zucchini muffins. Cut the baking time down to 22-25 minutes or until a toothpick is inserted and comes out clean.
8. For a quick and healthy breakfast, pair this bread with a powerhouse smoothie, low fat yogurt or a hardboiled egg for a balanced meal!