

Studio 5

Friday, August 30, 2007

“Zucchini Bread”

Becky Low

Dairy Farmers of Utah

Ingredients:

- 2 cups shredded zucchini
- 3/4 cup butter, softened
- 1 1/4 cups sugar
- 1/2 cup packed brown sugar
- 3 eggs
- 1 orange
- 1 cup raisins (optional)
- 3/4 cup chopped walnuts (optional)
- 3 1/4 cup flour
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves

Method:

Preheat oven to 325 degrees. Spray 2 (8 1/2 x 4 1/2 inch) loaf pans with non-stick spray.

Remove seeds from large zucchini and shred. Finely grate the peel from one orange; squeeze juice from orange. Set juice and peel aside.

Beat together butter, white sugar and brown sugar; add eggs and beat until fluffy; add orange peel, 1/4 cup orange juice, shredded zucchini, and optional raisins and chopped nuts in to butter and sugar; stir by hand to mix.

Stir together flour, salt, baking soda, baking powder, cinnamon and cloves. Stir dry mixture into butter and sugar mixture, just until mixed. Spoon batter into prepared loaf pans; shake gently to even out batter. Bake 1 hour or until done.

Allow bread to cool 5-10 minutes before removing from pans. Cool before slicing. Serve with whipped Orange Cream Cheese spread.

NOTES:

Every home that grows a garden must have a zucchini bread recipe. Makes 2 loaves (about 24 servings)

Orange Cream Cheese Spread: Soften 8 ounce cream cheese; whip cheese with 2 tablespoons sugar and 2 tablespoon orange juice until fluffy. Refrigerate until ready to serve.

For nutrition analysis go to www.UtahDairyCouncil.com

Nutrition Facts	
Serving Size 1 slice	
Servings Per Container 24	
Amount Per Serving	
Calories 230	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4g	20%
Cholesterol 40mg	14%
Sodium 190mg	8%
Total Carbohydrate 35g	12%
Dietary Fiber 1g	5%
Sugars 20g	
Protein 4g	
Vitamin A 6%	Vitamin C 6%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	