

Zucchini Bread

Everyone loves zucchini bread—especially the baker. It delivers lots of flavor with very little effort.

Prep: 20 minutes Bake: 1 hour 10 minutes

1½ cups all-purpose flour

¾ cup sugar

2¼ teaspoons baking powder

½ teaspoon ground cinnamon

½ teaspoon salt

⅓ cup vegetable oil

2 large eggs

1½ cups shredded zucchini (1 medium)

½ cup walnuts, chopped

½ teaspoon freshly grated orange peel

1. Preheat oven to 350°F. Grease 8½" by 4½" metal loaf pan. In large bowl, combine flour, sugar, baking powder, cinnamon and salt. In medium bowl, with fork, mix oil, eggs, zucchini, walnuts, and orange peel. Stir zucchini mixture into flour mixture just until flour is moistened.

2. Pour batter into prepared pan. Bake until toothpick inserted in center comes out clean, about 1 hour 10 minutes. Cool in pan on wire rack 10 minutes; remove from pan and cool completely on wire rack. Makes 1 loaf, 12 slices.

Each slice: About 209 calories, 4g protein, 26g carbohydrate, 10g total fat (1g saturated), 35mg cholesterol, 200mg sodium.