

## Zucchini Bread

2¾ cups all-purpose flour	½ cup skim milk
½ cup wheat germ (alternative: Grape Nuts® cereal)	¼ cup vegetable oil
1 tablespoon baking powder	6 packets Sweet'N Low® granulated sugar substitute or ¼ cup Splenda®
½ teaspoon baking soda	½ cup sugar
1 teaspoon salt	4 egg whites (or scant ½ cup liquid egg substitute)
2 teaspoons ground cinnamon	2 teaspoons vanilla
⅓ teaspoon each ground nutmeg, mace and cloves	3 cups grated or shredded unpeeled zucchini
	Nonstick pan spray

1. Preheat the oven to 350 degrees F.
2. Wash your hands with soap and hot water.
3. Assemble all the equipment: 9-inch by 5-inch loaf pan, grater or food processor, paring knife, large mixing bowl, mixing spoon, measuring spoons, liquid measuring cup, dry measuring cups, pastry cutter or two forks, pastry cloth, large cutting board, or knife.
4. Assemble and pre-measure all ingredients. Grate or shred the unpeeled zucchini with either a hand grater or a food processor.
5. Spray one 9-inch by 5-inch loaf pan with non-stick cooking spray. Dust with flour.
6. Pre-measure all the ingredients. In a large bowl, combine the milk, oil, Sweet'N Low®, sugar and egg whites. Stir in dry ingredients. Mix well enough to dampen the dry ingredients but not enough to produce a smooth batter. Add vanilla and zucchini; blend well.
7. Pour batter into prepared pan.
8. Bake 1 hour 10 minutes to 1 hour 20 minutes, or until a wooden pick inserted in center comes out clean. Cool on wire rack 5 minutes. Remove from pan and cool completely on rack.

Makes one large loaf (14 slices)

Menu suggestion: Serve Zucchini Bread as a dessert with baked ham with mustard, low-fat macaroni and cheese, asparagus spears and fresh fruit.

### Nutrients per serving

Calories: 180; fat: 5 grams; carbohydrate: 30 grams; dietary fiber: 2 grams; protein: 5 grams; cholesterol: 0 milligrams; sodium: 278 milligrams.

Exchange: 2 starch/bread, 1 fat

## Points to Remember

1. The fresh ingredient in this quick bread is the nonstarchy vegetable zucchini. Available mostly the entire year, except in February and March, most zucchini comes from Florida and California. Raw zucchini can be grated and packaged in exact amounts for bread preparation, then frozen for later use. After freezing, thaw and drain it before preparing the baked item. Yellow summer squash could also be used.
2. Mix it well enough to dampen the dry ingredients but not enough to produce a smooth batter. Properly mixed quick breads rise evenly and well during the early part of the baking period. Over-mixing makes the bread less tender and makes the crust lighter in color. It also creates tunnels that go toward the center of the bread.
3. When any noncaloric or nonnutritive sweetener is combined with another sweetener—whether it is sugar or another noncaloric sweetener—it is sweeter than when it is used alone.
4. Keeping some sugar in this recipe helps its texture and color. If each serving contains less than a teaspoon of sugar, it is usually permitted.
5. Sweet spices such as cinnamon and/or vanilla also make a recipe taste sweeter.
6. This recipe uses saccharin. Ideally, a saccharin-aspartame combination such as Sugar Twin Plus® would reduce the aftertaste from the saccharin. Using any saccharin will add some aftertaste.
7. Serve Zucchini Bread as a dessert with baked ham with mustard, low-fat macaroni and cheese, asparagus spears and fresh fruit.