

Zucchini Blueberry Bread

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3 eggs, lightly beaten

1 cup vegetable oil

3 teaspoons vanilla extract

2 1/4 cups sugar

2 cups shredded or grated zucchini

3 cups all purpose flour

1 teaspoon salt

1 teaspoon baking powder

1/4 teaspoon baking soda

1 tablespoon cinnamon

2 cups (1 pint) fresh blueberries

Optional: 1 tablespoon lemon zest

1. Preheat oven to 350 degrees. Lightly grease 2 loaf pans.
2. In a medium bowl add the flour, salt, baking powder, baking soda and cinnamon. Stir together and set aside.
3. In a large bowl or mixer add the eggs, oil, vanilla and sugar and beat or blend.
4. Add the zucchini to the egg mixture and stir gently to combine.
5. Add the flour mixture and beat to combine.
6. Add the blueberries and stir gently. Pour batter into the loaf pans.
7. Bake 50 minutes or until knife inserted into center comes out clean.
8. Let the bread cool in pans for 20 minutes, then remove from pans and let cool completely on a wire rack.

Servings: 12 *Adapted from: allrecipes.com*

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Fun Facts:

- The name zucchini comes from the Italian word "zucco," meaning gourd.
- Zucchini squash have been traced back to ancient Mexico, from 7,000 to 5,500 BCE, when they were an integral part of the ancient diet of maize, beans, and squashes.
- Italians introduced America to zucchini in the mid-1900s.

Nutritional Information:

- Zucchini is a great source of Vitamins A and C, potassium and calcium.
- There are only 13 calories in a half-cup of raw zucchini.

Cooking Tips:

- Slice zucchini into strips and marinate in balsamic vinegar and grill.
- Add raw sliced zucchini to lettuce and pasta based salads.

Selecting and Storing:

- Choose firm, thin zucchini with a bright green color and no spots.
- When harvesting, pick zucchini when it is 6-8 inches long. Bigger zucchini can be used in breads.
- To freeze: Wash and grate zucchini and blanch in a steam basket for 1-2 minutes. Place in plastic bags with room for expansion. Cool bags in a bowl with ice and water and then freeze.
- Store unwashed zucchini in a plastic bag with holes in it in the crisper drawer of the refrigerator, use within 3-4 days.

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