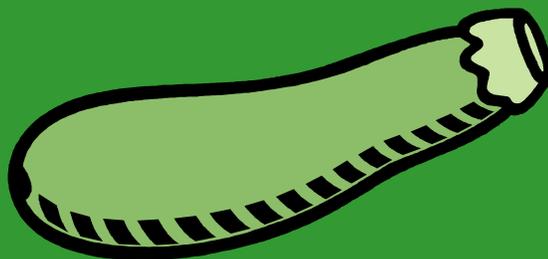




August 2009



Zucchini Bread Bake-Off Recipes



People's Choice Awards:

**1st Place: Ann Weight (Plate #7)
2nd Place: Jim Stevens (Plate #8)
3rd Place: Janalee Cary (Plate #2)
& Marla Raff (Plate #5)**

Plate 2 (Janalee Cary, Health-Nursing) - **3rd Place (tied)**

2/3 C. Shortening
2 tsp. Soda
2 2/3 C. Sugar
1 1/2 tsp. Salt
4 eggs
1/2 tsp. Baking Powder
3 C. grated Zucchini
1 tsp. Cinnamon
3 1/3 C. Flour
1 tsp. Cloves; blend with 2 tsp. Vanilla

Nuts and/or raisins/ choc. Chips or other flavors

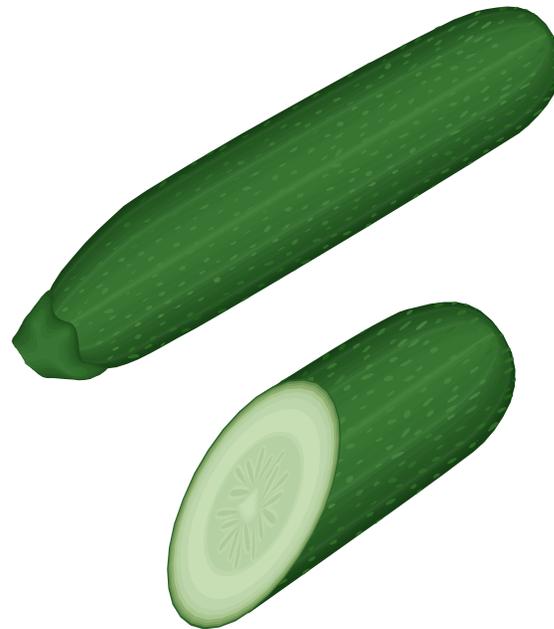




Plate 3 (Marie Anderson, USU Extension)

2 ½ cups sugar
2/3 c. shortening minus 1 T.
3 cups of finely shredded zucchini
2/3 cup plus 2 T. buttermilk
4 eggs
3 1/3 cups plus 2 T. all-purpose flour
2 tsp. minus 1/8 tsp. baking soda
1 ½ tsp salt
1 tsp. cinnamon
¾ tsp cloves
2 tsp. vanilla
½ tsp. minus 1/8 tsp. baking powder
Optional: 2/3 cup chopped nuts and/or 2/3 cup raisins

Heat oven to 350°F. Grease bottoms only of 2 loaf pans, 9x5x3, or 3 loaf pans, 8 ½ x 4 ½ x 2 ½ inches. Mix sugar and shortening in 2 ½ quart bowl. Stir in zucchini, water, vanilla and eggs. Sift flour, baking soda, salt, cinnamon, cloves, baking powder; stir in nuts and raisins (optional). Add to sugar and shortening mixture, mix. Pour into pans. Bake until wooden pick inserted in center comes out clean, 60 – 70 minutes; cool 5 minutes. Loosen sides of loaves from pans; remove from pans. Cool completely before slicing.

Yields: 2-3 loaves.

Wrap and refrigerate no longer than 10 days.

For pumpkin bread, substitute a 16-oz can pumpkin for the zucchini. Omit vanilla. Increase baking time to about 1 hour 10 minutes.

(Adapted from Betty Crocker' Cookbook, 1986, page 36)

Plate 4 (Daniel Knutsen, Information Systems)

3 eggs, beaten
1 C cooking oil
2 C granulated sugar
2 C grated zucchini
1 grated medium pepper of your liking
1 t vanilla
3 C flour
1 t salt
3 t cinnamon
1/4 t baking powder
1 t baking powder
1 C chopped nuts (optional)

Combine eggs, oil, & sugar until well blended. Stir in zucchini, pepper, & vanilla. Sift together flour, salt, cinnamon, baking powder, baking soda : stir into zucchini mixture. Stir in chopped nuts. Bake in well greased loaf pan at 350 degrees for 1 hour

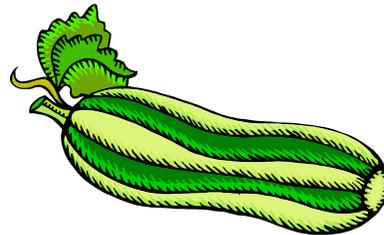




Plate 5 (Marla Raff, Nursing) - **3rd Place (tied)**

Lemon Zucchini Bread

3 eggs
1 cup brown sugar
1 cup white sugar
1 cup oil
2 cups white flour
1 cup whole wheat flour
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon cloves
1/2 teaspoon nutmeg
1 teaspoon cinnamon
1/2 teaspoon salt
2 cups grated zucchini (peeled and seeds removed)
1 teaspoon vanilla flavoring
1 teaspoon lemon flavoring
1 cup chopped nuts

Beat eggs; gradually beat in sugars, then oil. Combine dry ingredients. Add to first mixture alternately with zucchini. Stir in vanilla, lemon flavoring and nuts. Pour into two greased and lightly floured loaf pans. (8x4x3) Bake 1 hour at 325 degrees. Turn onto wire rack to cool. Drizzle on lemon glaze while warm if desired.



Marla won a blue ribbon at the Utah County Fair for her zucchini bread!

Plate 6 (Kathryn Holtz,

3 cups shredded zucchini
1 cup sugar
2/3 cup applesauce
2 tsp vanilla
1 cup egg beaters
2 cup white flour
1 cup whole wheat flour
2 tsp baking soda
1 tsp salt
1 tsp cinnamon
1/4 tsp nutmeg
1/2 tsp baking powder

Preheat oven to 350 degrees. Grease bottom only of 9x5x3 pan.

Mix zucchini, sugar, applesauce, vanilla, egg beaters. Then add the remaining dry ingredients. Mix til blended and pour into pan. Bake 1 hr 10 min - 1 hr 20 min.





Plate 7 (Ann Weight, Utah County Sheriff) - **1st Place**

Zucchini Bread at it's Finest

3 C flour	3 Eggs
2 C sugar	1 C oil
1 tsp vanilla	1 tsp lemon extract
2 C shredded zucchini (I use blender)	
1 tsp cinnamon	1 tsp salt
1 tsp baking soda	1/4 tsp baking powder
1/2 C sour cream	

OPTIONAL: Nuts, raisins, cloves, nutmeg

Prepare two bread loaf pans by greasing and flouring well (I use flour Pam). Preheat oven to 350.

Sift together dry ingredients.

Combine eggs, oil, and sugar. Add the dry ingredients. Mix well; add sour cream, vanilla, & lemon.

Stir in the zucchini (nuts, raisins). Pour into pans.

Top with crumb topping (optional).

Bake until toothpick comes out clean (60 to 70 minutes)

Crumb Topping

1/3 C flour	2 T sugar
2 T brown sugar	1/2 tsp cinnamon
1/4 C butter	

Combine with fingers or pastry cutter.

Plate 8 (Jim Stevens, Assessor's Office) - **2nd Place**

1 cup sugar	3 cups flour
1 cup brown sugar	1 tsp. cinnamon
1 cup oil	1 tsp. soda
2 eggs	¼ tsp. baking powder
2 cups grated zucchini	1 tsp. salt
3 tsp. vanilla	Nuts

Beat sugars, oil and eggs. Add zucchini & vanilla. Sift dry ingredients together and add to other mixture. Bake 1 hours at 325° F.



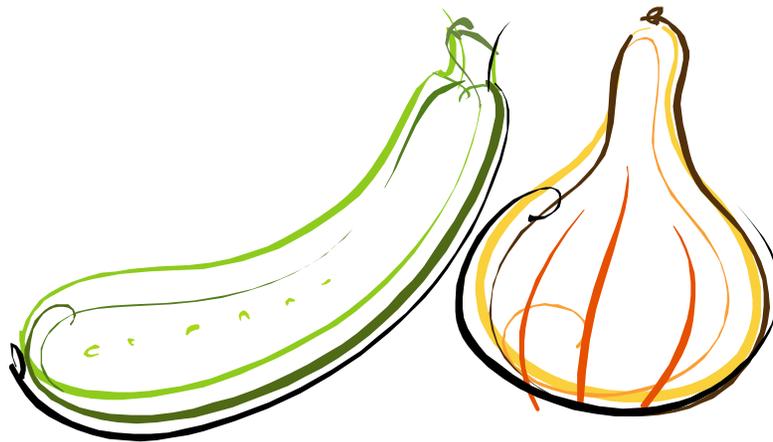


NO PLATE ENTERED (Jana Darrington, USU Extension)

3 eggs	1 cup oil
2 cups sugar	2 tsp vanilla
2 cups grated zucchini	¼ tsp baking powder
1 tsp baking soda	1 tsp salt
2 tsp cinnamon	3 cups flour
1 cup nuts (optional)	

Beat eggs, oil, & sugar until fluffy. Mix dry ingredients together in a bowl and mix in alternately with the grated zucchini. Add nuts if desired. Bake at 325° for 1 hour. Makes 2 loaves.

** I used yellow crookneck squash in mine and it had a wonderful sweet flavor! Try this substitution in your favorite recipe next time! :)



Nutritional Information for 1 serving of (about 1 slice) your average zucchini bread.

Calories 170	Cholesterol	Sugar 15 g	Vitamin C 2
Calories	15 mg	Protein 2 g	mg
from Fat 70	Sodium 180	Vitamin A 6	Calcium 10
Total Fat 8 g	mg	RAE	mg
Saturated	Total Carbo-		Iron 1 mg
Fat 0.5 g	hydrate 22 g		
	Dietary Fi-		
	ber 0 g		