

Zucchini-Pineapple Quick Bread

adapted from Cooking Light

This recipe makes two loaves. Freeze the extra loaf, tightly wrapped in plastic wrap and heavy-duty aluminum foil, for up to one month. Thaw at room temperature. Slices are good microwaved at HIGH for 10 to 15 seconds.

Ingredients:

3 cups sifted all-purpose flour (about 13 1/2 ounces)
1 teaspoon salt
1 teaspoon baking soda
1/2 teaspoon baking powder
1 1/2 teaspoons ground cinnamon
3 large eggs
2 cups sugar
2 cups grated zucchini (about 1 1/2 medium zucchini)
2/3 cup canola oil
2 teaspoons vanilla extract
2 (8-ounce) cans crushed pineapple in juice, drained
Baking spray with flour

Directions:

1. Preheat oven to 325°.
2. Lightly spoon flour into dry measuring cups, and level with a knife. Combine flour, salt, and next 3 ingredients (through ground cinnamon) in a large bowl, stirring well with a whisk.
3. Beat eggs with a mixer at medium speed until foamy. Add sugar, zucchini, oil, and vanilla, beating until well blended. Add zucchini mixture to flour mixture, stirring just until moist. Fold in pineapple. Spoon batter into 2 (9 x 5-inch) loaf pans coated with baking spray. Bake at 325° for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pans on a wire rack; remove from pans. Cool completely on wire rack.

Yield: 2 loaves, 14 servings per loaf (serving size: 1 slice)

CALORIES 167 (32% from fat); FAT 5.9g (sat 0.5g, mono 3.3g, poly 1.7g); IRON 0.9mg; CHOLESTEROL 15mg; CALCIUM 16mg; CARBOHYDRATE 26.5g; SODIUM 151mg; PROTEIN 2.4g; FIBER 0.7g