



ZUCCHINI CORN BREAD

Creating a low-fat corn bread that was still moist and desirable was a daunting task, but not an insurmountable one. This wholesome treat is fortified with moist shredded zucchini.

- 1 cup yellow cornmeal*
- 1 cup unbleached all-purpose flour*
- 1/3 cup sugar*
- 1 tablespoon baking powder*
- 1/2 teaspoon salt*
- 1 large egg plus 1 large egg white, beaten*
- 1 cup buttermilk*
- 2 tablespoons canola oil*
- 1 cup corn kernels, fresh or frozen and thawed*
- 1 cup shredded zucchini*
- Vegetable spray*

Preheat the oven to 375°F.

In a medium mixing bowl, combine the cornmeal, flour, sugar, baking powder, and salt. In a small bowl, whisk together the eggs, buttermilk, and oil. Gently fold the liquid ingredients into the dry ingredients until a batter is formed. Fold in the corn and zucchini.

Pour the batter into a lightly sprayed 8-inch square or round baking pan. Bake for 20 to 25 minutes, until the crust is lightly browned and a toothpick inserted in the center comes out clean. Remove from the heat and let cool for a few minutes before cutting. Serve warm.

Makes 10 to 12 servings

