

ZUCCHINI BREAD



This variation on the late James Beard's recipe has been a staple ever since I picked the first zucchini from our garden.

INGREDIENTS

3 eggs
1½ cups sugar
1 cup vegetable oil
3 teaspoons vanilla extract
2 cups unpeeled raw zucchini
3 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking soda
¼ teaspoon double-acting baking powder
3 teaspoons ground cinnamon
½ teaspoon ground nutmeg
1 cup coarsely chopped walnuts, raisins, or coconut

EQUIPMENT

Measuring cups
Measuring spoons
Mixing bowl or electric mixer
Fork or wire whisk
Grater or food processor
Spoon
2 greased 9 by 5-inch loaf pans
Rubber scraper
Cooling rack



Child: Beat the eggs until light and foamy. Add the sugar, oil, and vanilla, and mix gently but well.

Adult with Child: Grate the zucchini by hand or show the child how to use the steel blade of a food processor. Add to the egg mixture.

Adult: Preheat oven to 350°.

Child: Mix together the flour, salt, baking soda, baking powder, cinnamon, and nutmeg. Add to the zucchini mixture. Stir until well blended. Add the nuts and pour into the loaf pans, getting out any leftover batter with a rubber scraper. Fingers are allowed for licking.

Adult: Bake for 1 hour. Cool on a rack.