

Boston Medical Center
Department of Food and Nutrition Services
East Newton Campus: (617) 638-5945
Menino Pavilion: (617) 414-3837
Adult Outpatient: (617) 638-7470
Pediatric/Adolescent Outpatient: (617) 414-4189



Zucchini- Pineapple Quick Bread
Adapted from Cooking Light Magazine June 2008

Yield: 2 loaves, (14 servings per loaf)

Ingredients:

1 ½ cup All-purpose flour
1 ½ cup Whole wheat flour
1 tsp Salt
1 tsp Baking soda
1 ½ tsp Baking powder
2 tsp Cinnamon
2 cups Sugar **or** Splenda® Granular Sugar Substitute
2 cups Grated zucchini (1.5 medium zucchini)
2/3 cup Canola oil
¾ cup Egg substitute (or 3 whole eggs, beaten)
2 tsp Vanilla
2 (8oz) cans Crushed pineapple in juice, drained

Instructions:

1. Preheat Oven to 325 degrees.
2. Combine dry ingredients- flour, sugar, salt, baking soda, baking powder, cinnamon and mix well.
3. Combine wet ingredients - zucchini, oil, egg substitute and vanilla, mixing until well combined.
4. Add zucchini mixture to flour mixture, stirring just until moist. Fold in pineapple. Spoon into 2 (9X5- inch) loaf pans coated with vegetable oil spray.
5. Bake at 325 for 1 hour.

Nutritional Facts: Per serving (1 slice) **Calories:** 154 **Fat:** 5 g **Sat. fat:** 0 g
Carbohydrate: 25 g **Protein:** 2 g **Fiber:** 1g **Cholesterol:** 0 mg **Sodium:** 88 mg

Nutritional Facts with *Splenda*®: Per serving (1 slice) **Calories:** 98 **Fat:** 5 g **Sat. fat:** 0 g
Carbohydrate: 11 g **Protein:** 2 g **Fiber:** 1g **Cholesterol:** 0 mg **Sodium:** 88 mg