



“Make It Your Way” Quick Bread

Use your favorite veggie, spices, and nuts -

Basic Quick Bread Ingredients:

- 1-1/2 cups all-purpose flour
or use only 1-1/4 cup and 1/4 cup whole white wheat
- 1/2 to 1 teaspoon your favorite spice*
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- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon baking powder
- 2 eggs
- 3/4 cups granulated sugar
- 1/2 cup canola oil
- 1 teaspoon lemon juice
- 1/2 teaspoon grated lemon rind
- 1 cup raw shredded or chopped peeled favorite vegetable*
- 1/2 cup chopped your favorite nuts*

Topping: 2 Tablespoons chopped favorite nuts.*

Lemon Glaze: 1/2 cup confectioners' sugar
1 teaspoon lemon juice, 2 teaspoons water

***SEE COOK'S NOTE FOR SOME FAVORITE SUGGESTIONS**

Preparation for Basic Quick Bread:

Grease one (8-1/2x4-1/4 inch) loaf pan or (8 or 9 inch) round cake pan
Preheat oven to 350 degrees F.

Gradually add flour, desired spices, salt, baking soda, and baking powder
Set aside.

In mixing bowl, beat eggs, sugar, oil, lemon juice, and grated lemon peel.
Beat for about 3 minutes. Mix in the dry ingredients only to form batter. Stir
in your favorite shredded or fine chopped vegetable and nuts.

Spoon into greased prepared loaf or round pan; sprinkle top with your
favorite chopped nuts; bake in preheated 350-degree F oven for about 45
minutes or 1 hour or until tests done with toothpick. Cooking time will
depend on the veggie and pan used.

Remove bread from oven; let rest 5 to 10 minutes. Loosen edges. Remove
from pan to cooling rack. Let cool

Prepare Lemon Glaze for Sweet Bread

In a small bowl, combine confectioners' sugar, lemon juice, and water until
smooth glaze forms.

Drizzle over cooled bread. Let glaze firm before slicing

Yield: One 8-inch loaf or 8 or 9-inch round bread

Cook's Note: You can pick your own favorite veggie, spices, nuts.
Some suggested **raw** veggies you might like: summer yellow squash,
zucchini, peeled golden beets, red beets, peeled, seeded tomatoes, or raw
shredded eggplant. You can also change up your spices using pumpkin
pie spice, ginger, or all-spice. cinnamon, or nutmeg. Nuts might be pecans,
walnuts, almonds, mixed nuts, pine nuts or even seeds. Another change
you might want to do is vary the citrus fruit used and try limes or oranges.
You can also add dried cranberries or raisins when you add the nuts.
I made one with summer squash and one with tomatoes. Do let me know
how your creations turn out 😊

Our Quick Breads:

Spicy Summer Squash Pecan Bread: I made these substitutions:

I decided to use an **8-inch loaf pan.**

Veggie: 1/2 cup (each) shredded yellow squash and green zucchini.

Spices: 1 teaspoon cinnamon and 1/4 teaspoon nutmeg

Nuts: 1/2 cup chopped pecans.

Topping: 2 Tbsp. chopped pecans sprinkled on top

I drizzled it with Lemon Glaze since it was a sweet bread.



Italian Sweet Tomato Pesto Bread: I made these substitutions:

I decided to use a **9-inch greased round cake pan**

Veggie: 1 cup chopped fresh tomatoes, peeled, seeded, hard core removed

Spices: 1/2 teaspoon ground ginger; 1/4 teaspoon ground nutmeg

Oil: 1/2 cup prepared basil pesto in place of oil.

I wanted to use basil, so I decided to add pesto in place of the oil.

Nuts: 1/2 cup chopped almonds

Topping: 1 Tbsp. chopped almonds mixed with 1 Tbsp. grated Parmesan cheese

About the Recipes You can really have fun with this recipe. Decide what vegetable you want to use, the spices you like, and your favorite nuts. Moist vegetables may need more baking time. Let all those creative juices flow.

Our summer squash bread had bits of yellow squash and green zucchini mixed with a sweet cinnamon nutmeg flavor. It was filled with chopped pecans and drizzled with a bright lemon glaze.

The tomato pesto bread smelled heavenly while it baked. Tiny chunks of soft tomatoes dotted the lightly seasoned basil Italian round almond bread. It was perfect to serve with our supper that night.