

## **Zucchini Bread**

### **History:**

Because good grains weren't always plentiful or cheap, colonists learned early on to mix other ingredients with their breads to make them taste better and to stretch them further. This was also a means of keeping foods that were close to natural expiration from being wasted, especially items of abundance from a garden, ripening all at once. Cranberries, pumpkins, squash, raisins, molasses, corn, and almost anything else that the colonists had on hand would be thrown into bread. Squash-planting was one of the first things American Indians taught colonists upon arrival, so naturally, types of squash breads endured throughout colonial times. These breads were also good for bartering.

### **Ingredients:**

4 large eggs  
2 c sugar  
1 c salad oil  
1 tsp vanilla  
3 ½ c unsifted flour  
1 ½ tsp soda  
¾ tsp baking powder  
1 ½ tsp salt  
1 tsp cinnamon  
4 c grated zucchini  
2 c chopped dates (or raisins as an alternative)  
2 c chopped walnuts

### **Directions:**

Preheat oven to 350° F. Beat eggs until frothy. Add sugar and oil. Mix well. Add vanilla. Combine flour, soda, baking powder, salt, and cinnamon slowly into the mixture, then add zucchini, dates, and nuts. Pour into 2 greased and floured 9" x 5" loaf pans. Bake for 1 ¼ hours at 350° F, slightly below oven center.



Adapted from the family recipe of Elaine Angstman, originally borrowed from George Heaton, and modified by Leah Angstman.