

Walnut & Fig Zucchini Bread

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Walnut & Fig Zucchini Bread

Nonstick cooking spray

1 cup sugar

½ cup orange juice

2 cups zucchini, grated

1 ½ cups whole-wheat flour

1 ½ cup all-purpose flour

½ tsp. cinnamon

1/8 tsp ground cloves

1 tsp. baking powder

1 tsp. baking soda

¼ tsp. salt

¼ cup plain low fat yogurt, divided

2/3 cup dried figs, coarsely chopped

½ cup walnuts, coarsely chopped

Fold or cut here to fit in recipe box.

Preheat oven to 350 degrees. Coat 9 x 5-inch loaf pan with cooking spray. Set aside. Combine sugar and orange juice. Stir in zucchini. Set aside. Combine flours, cinnamon, cloves, baking powder, baking soda and salt in medium mixing bowl. Stir half of flour mixture into zucchini mixture and stir in half of yogurt. Repeat with remaining flour and yogurt. Stir until blended. Fold in figs and walnuts. Pour batter into prepared pan. Bake 1 hour to 1 hour 15 minutes, or until wooden



toothpick inserted in center of loaf comes out clean. Remove from oven and cool in pan 10 minutes. Remove from pan and cool completely on wire rack. For maximum flavor, wrap bread in plastic and store overnight before serving. Makes 12 servings.

Nutritional information per serving

Per serving: 210 calories, 3.5 g total fat (0 g saturated fat), 44 g carbohydrate, 5 g protein, 4 g dietary fiber, 55 mg sodium.