Zucchini Carrot Bread

1 1/2 cups all-purpose flour
1 cup sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 teaspoon ground ginger

1 egg, lightly beaten
1/2 cup canola oil
1 cup grated zucchini
1/2 cup grated carrots
1/2 cup chopped walnuts or pecans
Powdered sugar (optional)

Instructions: Wash hands with soap and water. In a large mixing bowl stir together flour, sugar, baking powder, baking soda, salt, and ginger. Set aside. In a medium bowl, beat the egg, add the oil, grated zucchini, and grated carrots. Mix well. Add the zucchini mixture and nuts to the flour mixture. Stir only until all the flour is incorporated. Do not over mix or the bread will be dry and chewy. Scrape the batter into a well-greased 9-inch bread pan and bake in a preheated 375° oven for 50 minutes. Remove from the oven and let the bread cool in the pan 5 minutes, then turn out onto a rack or plate. Serve warm or cool and dust with powdered sugar. Makes one 9-inch loaf.

Yield: 16 servings

Nutrition Facts (per serving): 180 *calories, 10 grams fat, 140 milligrams sodium, 23 grams carbohydrate, 1 gram fiber, 3 grams protein*