

STONEARCH WINDHAM COMMUNITY GARDEN

Favorite Recipes of 2020



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This cookbook is dedicated to the first members of the StoneArch Windham Community Garden Club who planned the beds, laid the pathways, planted, watered, & weeded until ultimately enjoying the fruits of their labors.

Jeannine Bishop
Dieuwke Fiedler
Donna Stauss

Suzanne Bizot
Connie Hertel
Christine Surette

Diane Danley
Rich Hertel
Tom Surette

Baked Zucchini Chips

Submitted by Suzanne Bizot

Crispy baked zucchini chips are a healthy paleo-friendly snack recipe that is loaded with flavor and Crunch, yet light in calories!

Prep Time: 20 minutes

Cook Time: 2 hours

Total Time: 2 hours 20 minutes

Servings: 8 Calories: 48

Author: Sommer Collier

Ingredients

- 4 large zucchini, evenly sliced 1/8 inch thick
- 2 tablespoons olive oil
- Salt
- ½ teaspoon hot smoked paprika, optional
- ½ teaspoon cumin, optional

Directions

1. Slice the zucchini; Using a mandolin helps to keep the slices consistent. This can be done manually. Lay the zucchini slices on paper towels in a single layer. Cover with more paper towels and set a baking sheet on top of the zucchini slices. Press down on the baking sheet, applying slight pressure, to help squeeze out some of the moisture.
2. Preheat the oven to 235 degrees F. Line several baking sheets with parchment paper. Brush the parchment paper lightly with olive oil.
3. Lay the zucchini slices in a single layer on the parchment paper. Fit as many on each baking sheet as possible. Then lightly brush to top of the zucchini with olive oil. Sprinkle the zucchini slices with salt. You can also sprinkle with a little cumin and smoked paprika for extra flavor.
4. Bake for 1 ½ - 2 hours until crisp and golden. If some zucchini chips are still a little flimsy or damp, remove the crisp chips and place the damp chips back in the oven for a few more minutes. Allow the zucchini chips to cool on the paper towels to absorb any extra oil.
5. Store in an air-tight container.

Tips and Tricks for Making Baked Zucchini Chips

- You can use any size of zucchini available, but going with larger zucchini work especially well.
- Using a mandolin slicer also helps a great deal, because all the zucchini slices are exactly uniform.
- A silpat baking sheet (a non-stick baking mat made from silicone and fiberglass) would work just as well as parchment paper.
- Best of all, you can season your light and healthy Baked Zucchini Chips any way you like. Try them with a touch of smoked paprika or cumin or both.

Zucchini and Pecorino Fritters w/Dipping Sauce

Submitted by Connie Hertel



This oven-baked appetizer and low-carb dipping sauce will be devoured by everyone in no time!

Prep/total Time: 25 minutes
Author: Kate Merker (Internet)

Servings: 4

Ingredients

- 2 medium zucchini
- 1 large egg
- 2 oz. Pecorino, grated
- ½ cup panko bread crumbs
- 1 clove garlic, pressed
- Black pepper

Directions

1. Preheat oven to 400 degrees F. Grate zucchini; squeeze dry with paper towels and transfer to a bowl.
2. Add egg, Pecorino, panko, garlic, and pepper. Stir to combine.
3. Drop heaping tablespoonful of mixture onto a greased baking sheet and gently flatten.
4. Bake, **flip halfway through (10 minutes)**, until golden brown and crisp; 18-20 minutes.
5. Serve – good with dipping sauce.

Notes:

It is important to remember to flip the fritters after 10 minutes. Take it from someone who forgot, the fritters won't cook through. If it happens, flip the fritters and put them back in the oven. Carefully monitor them so they won't burn. Take the fritters out when fully cooked through.

Low Carb Dipping Sauce

Ingredients

- ½ cup mayonnaise
- 1 Tablespoon ketchup
- 1 Tablespoon Horseradish
- 1 teaspoon mustard
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Paprika
- 1 teaspoon Dried Oregano
- ½ teaspoon Cayenne Pepper
- ¼ teaspoon Sea Salt

Directions

1. Stir all ingredients together until smooth
2. Refrigerate for at least 30 minutes or until ready to serve

Wild Rice Salad with Butternut Squash & Cranberries

Submitted by Jeannine Bishop



Enjoy for lunch or dinner, or as a delicious side for a gathering

Prep/total Time: 20 minutes/60 minutes

Author: Hannah Sunderani /SimplyGutenFreeMag.com

Ingredients

For the Salad:

- 1½ cups wild rice or wild rice blend
- 3½ cups water
- 1 (2-pound) butternut squash
- 2 tablespoons neutral oil
- ½ teaspoon kosher or fine sea salt
- ¼ teaspoon freshly ground black pepper
- 2 celery stalks, chopped
- 2 cups chopped kale, stems removed
- ½ cup parsley, chopped
- ½ cup dried cranberries
- ½ cup pecans

For the Balsamic Vinaigrette Dressing:

- 3 tablespoons balsamic vinegar
- 3 tablespoons olive oil
- ¼ teaspoon cinnamon
- 1 clove garlic, minced
- 2 teaspoons Dijon mustard
- 1 tablespoon pure maple syrup
- ¼ teaspoon kosher or fine sea salt
- ¼ teaspoon freshly ground black pepper

Directions

1. Preheat the oven to 400°F.
2. In a saucepan, combine rice and water. Bring to a boil, then reduce to simmer and cook for 40 minutes, or as instructed on package. Fluff with a spoon and cover with a tea towel. Let rest.
3. Meanwhile, peel and chop the butternut squash into small bite-sized cubes. Place on a baking sheet and drizzle with oil and sprinkle with salt and pepper. Bake for 30 minutes, or until lightly golden and cooked through.
4. Prepare vinaigrette by combining all dressing ingredients in a small mixing bowl. Whisk to combine.
5. Add celery, kale, and parsley to a large mixing bowl. Toss in cranberries and pecans, and then add rice and butternut squash. Drizzle with vinaigrette and toss gently to combine.

Harvest Kale Caesar Salad

Submitted by Jeannine Bishop



Vegetarian, Vegan, Gluten-free, Grain-free, Dairy-Free, Egg-free, Soy-free, Refined sugar-free

Prep/total Time: 10 minutes

Author: SimplyGutenFreeMag.com

Ingredients

For the Kale Caesar Dressing:

- ¼ cup (60 mL) lemon juice
- ¼ cup (60 mL) tahini
- 2 cloves garlic , finely chopped
- Pinch of kosher or fine sea salt
- 2-3 tablespoons (30-45 mL) water, to thin

For the Salad:

- 7 ounces (200 g) kale
- ½ cup (65 g) raw cashews
- 2 tablespoons (20 g) hemp hearts
- 1 apple , thinly sliced
- ⅓ cup (58 g) pomegranate seeds
- 2 tablespoons (20 g) dried cranberries
- 3 dates , pits removed and chopped
- Kosher or fine sea salt , to taste
- Freshly ground black pepper, to taste

Directions

1. Make the Dressing: In a small bowl, add lemon juice, tahini, chopped garlic, and salt. Whisk to combine. Add splashes of water to thin until desired dressing consistency is reached.
2. Make the Salad: Tear kale leaves into small bite-sized pieces and place in a large mixing bowl. Discard the stems. Pour dressing over kale leaves and massage with hands to combine.
3. Toast cashews in a saucepan on medium heat, stirring occasionally until cashews are browned, about 6-8 minutes. Let cashews cool slightly, then chop and sprinkle over the salad. Add hemp hearts and toss to combine.
4. Transfer salad to a serving bowl and top with sliced apple, pomegranate seeds, cranberries, and chopped dates. Season with salt and pepper, and serve.

Cucumber Salad with Dill

Submitted by Connie Hertel



Prep/total Time: 10 minutes/70 minutes

Ingredients

- 4 cucumbers (about 2 ½ pounds), peeled and sliced into ¼ inch rounds
- 1 small sweet onion, thinly sliced into rings
- Kosher salt
- ½ cup sour cream
- ¼ cup chopped fresh dill
- 2 Tablespoons white vinegar
- Freshly cracked black pepper

Directions

1. Put a large colander in a large bowl. Add the cucumbers and onions to the colander, sprinkle with 1 tablespoon salt and toss until the salt is evenly distributed. Let stand at room temperature for at least 1 hour and up to 2 hours.
2. Transfer the cucumbers and onions from the colander to a paper towel-lined baking sheet and pat them dry with another layer of paper towel
3. In a small bowl, whisk together the sour cream, dill, vinegar and a few cracks of black pepper. Add the cucumbers and onions and toss until coated. Serve immediately.
4. To make ahead: Salt and pat dry the cucumbers and onions as above, and then keep separate from dressing until ready to serve.

Baked Rigatoni with Zucchini



Submitted by Connie Hertel

A simple pasta dish by Lidia Bastianich; one of Rich's favorite Italian celebrity chefs

Prep/total Time: 25 minutes

Servings: 6-8 depending on appetite

Author: Lidia Bastianich (Internet and many books)

Ingredients

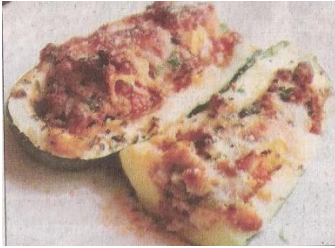
- ½ teaspoon kosher salt, plus more for the pot
- ¼ cup extra virgin olive oil
- 1 medium onion, sliced
- 1 pound medium zucchini, sliced
- One 28 ounce can whole SAN MARZANO TOMATOES, crushed by hand
- 1 loosely packed cup fresh basil leaves, roughly chopped
- 1 pound rigatoni pasta
- 1 tablespoon unsalted butter
- 8 ounces shredded Fontina cheese
- 1 cup grated Grana Padano cheese

Directions

1. Preheat oven to 400 degrees F. Bring a large pot of salted (couple pinches) water to a boil for pasta.
2. In a large skillet, heat the olive oil over medium heat. Add the onion, and cook until it begins to soften, about 5 minutes. Add the zucchini and cook until it begins to soften, another 5 minutes.
3. Add the salt then the crushed tomatoes, slosh the tomato can out with 1 cup water, and add it to the skillet as well. Bring the sauce to a boil, and simmer just until it thickens, about 8 to 10 minutes, but don't let the zucchini begin to fall apart. Then toss in the chopped basil.
4. Meanwhile, cook the rigatoni until at dente, a few minutes shy of the package directions. Drain the pasta and toss it in the skillet with the tomato sauce and basil.
5. Butter a 9x13 inch baking dish.
6. In a medium bowl, toss together the two cheeses. Spread half the pasta and sauce in the baking dish, and top with half the cheese. Layer the remaining pasta and sauce, then the remaining cheese.
7. Bake, uncovered, until browned and bubbly, about 20 minutes.

Stuffed Zucchini Boats

Submitted by Diane Danley



Choose plump eggplants for this easy and delicious main dish

Prep Time: 15 minutes Bake Time: 20-25 minutes Servings: 4

Author: Gretchen McKay/NH Sunday News

Ingredients

- 2 large zucchini, cut in half lengthwise
- 1 Tablespoon olive oil, divided
- Kosher salt and freshly ground pepper, divided
- 1 pound mild or spicy Italian sausage
- 1 clove garlic, minced
- ½ sweet onion, finely chopped
- 2 large tomatoes, chopped (about 2 cups)
- 1 teaspoon fresh or dried Oregano
- 1 teaspoon fresh or dried Thyme
- Large pinch Red Pepper Flakes, or more to taste
- ½ cup Parmesan cheese
- ½ cup shredded Mozzarella cheese
- ¼ cup toasted breadcrumbs

Directions

1. Preheat oven to 400°F
2. Using a spoon, scoop out the interior flesh from the zucchini halves and set aside. Place the hollowed-out zucchini into a baking pan. Drizzle with ½ Tablespoon of olive oil. Season with salt and pepper.
3. Add the remaining ½ Tablespoon of olive oil to a frying pan over medium heat. When the oil is hot, add sausage and cook until it starts to lose its pink color.
4. Add garlic and cook for one minute. Add onion, reserved zucchini flesh and tomatoes. Season with salt and pepper then add Oregano, Thyme and Red Pepper. Cook until veggies are tender and fragrant, about 4 to 5 minutes.
5. Spoon ¼ of the sausage mixture into each zucchini boat. Evenly divide the Parmesan and Mozzarella cheese on top. Sprinkle on the toasted breadcrumbs.
6. Bake until zucchini is easily pierced with a fork or knife, about 20 to 25 minutes. Serve immediately.

Zucchini Lasagna

Submitted by Suzanne Bizot



Gluten-free, low-carb and keto-friendly

Prep Time: 30 minutes Bake: 50 minutes

Servings: 12

Source/Author: Lisa Bryan/Downshiftology (internet)

Ingredients

- 2 lbs. Zucchini
- 2 lbs. Ground Beef
- Pasta Sauce (24 ounces)
- 15 oz. Ricotta Cheese
- 1 cup shredded Parmesan Regianno
- 1 ½ cups Mozzarella
- 1 Egg
- Salt & Pepper
- Small handful fresh parsley and basil, chopped

Directions

1. Preheat oven to 400 degrees F.
2. Slice zucchini lengthwise into slices, as thin or thick as you'd like. Set aside.
3. In a large pan over medium high heat, break down the ground beef into small pieces and cook until its browned. Stir in all but ½ cup of the pasta sauce.
4. In a medium bowl stir together the ricotta, parmesan, egg and some salt & pepper.
5. Spread ½ cup pasta sauce onto the bottom of 9x13 casserole dish. Add zucchini slices on top of the pasta sauce. They can overlap or you can place them side-by-side.
6. Top the zucchini with ½ the meat sauce. Evenly spread the ricotta mixture on top of that. Add ½ cup grated mozzarella on top of the ricotta, along with a sprinkle of chopped parsley and basil.
7. Repeat layers one more time.
8. Top the lasagna with a final layer of zucchini slices, a sprinkle of chopped parsley and basil and ½ cup mozzarella cheese.
9. Bake in preheated oven for 40-45 minutes. Broil a couple of minutes to get a nice golden top. Garnish with whole basil leaves and serve.

Notes

Small vs large zucchini: either size will work. Just make sure you have about 2 pounds which is about 5 small or 3 large

Zucchini and Sweet Corn Quiche

Submitted by Suzanne Bizot



Healthy, crust-less Quiche

Prep Time: 20 minutes Bake: 25 minutes

Serves: 8

Source/Author: Amanda Rettke (iambaker.net)

Ingredients

- 4 Tablespoons Butter
- 1 cup Yellow onion, diced
- 1 can (15.25 oz.) Sweet Corn Kernels
- 2 large Zucchini, sliced very thin (about 4 cups)
- 1 Roma Tomato, diced
- 1 Tablespoon fresh Basil, minced
- 1 Tablespoon fresh Oregano, minced
- 1 teaspoon fresh Garlic, minced
- ½ teaspoon Salt
- 4 cups Mozzarella Cheese, divided
- 4 Eggs, beaten

Directions

1. Preheat oven to 375 degrees F
2. Using a skillet that can transfer to the oven, melt butter over medium-high heat. Once the butter has melted, add the onion, garlic, zucchini and corn. Cook for 5-10 minutes or until zucchini is cooked through.
3. Remove pan from heat and stir in basil, oregano, salt, 3 cups cheese, tomatoes and eggs. Stir to blend. Top with remaining cup of cheese.
4. Make a foil tent to cover the quiche (be careful not to let the foil touch the dish) and bake for 20 minutes. Remove tent and bake an additional 5 minutes
5. Let quiche sit for 15 minutes before cutting into slices.

Notes:

Keeps in refrigerator for 3 days

Sunil's Eggplant

Submitted by Tom Surette

I got this recipe from an East Indian fellow named Sunil that I met at a workshop. It's a great way to cook up fresh picked garden vegetables.

Prep Time: 10 minutes Cook Time: 30 minutes (plus time to roast eggplant)

Serves: 6

Ingredients

- 3 large Eggplant
- 6 or so medium Tomatoes
- 2 Green Peppers
- 2 medium Onions
- 2 cloves garlic
- 1 Tablespoon fresh grated ginger
- 1 Tablespoon oil
- 3/4 teaspoon cumin
- 3/4 teaspoon black mustard seeds
- 1/4 - 1/3 teaspoon turmeric
- 1/2 teaspoon coriander powder
- 1/4 teaspoon red pepper
- 1/8 - 1/4 teaspoon cloves powder
- Black pepper
- Juice of 1 Lemon

Directions

1. Prick eggplants whole and roast on a barbeque or oven until charred on the outside. Cut tomatoes, and onions. Slice peppers. Chop garlic. Grate ginger.
2. Heat skillet with the oil. Add the cumin, mustard seeds, coriander powder, red pepper, cloves, turmeric and black pepper and stir quickly. Add ginger, garlic and onions and sauté quickly.
3. Remove the skins from the charred eggplant and add the eggplant, tomatoes, pepper and the juice of one lemon to the spices. Simmer 10 to 15 minutes. Serves 6.

Chicken Cacciatore

Submitted by Suzanne Bizot

Prep Time: 10 minutes Bake: 40 minutes

Serves: 6

Source/Author: cafedelights.com

Ingredients

- 3 tablespoons olive oil, divided
- 6 bone-in skinless chicken thighs
- Salt and pepper, to season
- 1 medium onion, diced
- 2 tablespoons minced garlic, (or 6 cloves)
- 1 small yellow bell pepper (capsicum), diced
- 1 small red bell pepper (capsicum), diced
- 1 large carrot, peeled and sliced
- 10 oz. mushrooms, sliced
- 1/2 cup pitted black olives
- 8 sprigs thyme
- 2 tablespoons each freshly chopped parsley and basil plus more to garnish
- 1 teaspoon dried oregano
- 150 ml red wine
- 28 oz. crushed tomatoes
- 2 tablespoons tomato paste
- 7 oz. Roma tomatoes, halved
- 1/2 teaspoon red pepper flakes

Directions

1. Season chicken with salt and pepper.
2. Heat 2 tablespoons oil in a heavy cast iron skillet. Sear chicken on both sides until golden, about 3-4 minutes each side. Remove from skillet and set aside.
3. Add remaining oil to the pan. Sauté the onion until transparent, about 3-4 minutes. Add in garlic and cook until fragrant, about 30 seconds. Add the peppers, carrot, mushrooms and herbs; cook for 5 minutes until vegetables begin to soften.
4. Pour in the wine, scraping up browned bits from the bottom of the skillet. Cook until wine is reduced, about 2 minutes.
5. Add crushed tomatoes, tomato paste, Roma tomatoes and chill flakes. Season with salt and pepper to your tastes. Return chicken pieces to the skillet and continue to cook over stove top OR in the oven following the instructions below.

FINISH ON STOVE TOP:

- Mix all of the ingredients together; cover with lid, reduce heat to low and allow to simmer (while stirring occasionally) for 40 minutes or until the meat is falling off the bone. Add in the olives; allow to simmer for a further 10 minutes. Garnish with parsley and serve immediately.

FINISH IN THE OVEN:

- Transfer the covered skillet to a preheated oven at 375°F (190°C) and cook for 50 minutes. Remove the lid, add in the olives and cook for an additional 20 minutes until the chicken is tender and falling off the bone, and the sauce has reduced.

Summer Squash and Zucchini Side Dish

Submitted by Connie Hertel



This colorful sautéed zucchini and squash side dish is packed with nutrition and fresh-picked flavor!

Prep/total Time: 30 minutes
Author: Taste of Home (Internet)

Servings: 6

Ingredients

- 1 yellow summer squash, quartered and sliced
- 1 medium zucchini, quartered and sliced
- 1 medium onion, chopped
- 1 medium red pepper, cut into 1-inch pieces
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- ½ teaspoon salt-free spicy seasoning blend (optional)
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- 1 medium tomato, chopped

Directions

1. In a large skillet, sauté the yellow squash, zucchini, onion and red pepper in oil for 5 minutes. Add garlic and seasonings. Sauté 2-3 minutes longer or until vegetables are crisp-tender. Stir in tomato; heat through.
2. Serve

Notes

At the time of cooking this side dish, I didn't have a red pepper. It still was incredibly tasty.

Chocolate Zucchini Bread

Submitted by Diane Danley



Chocolate chips add to the rich flavor of this quick bread

Prep/total Time: 30 minutes Bake: 1 hour

Yield: two 9x5 loaves

Author: Allrecipes (internet)

Ingredients

- 2 (1 ounce) squares unsweetened Baking chocolate
- 3 Eggs
- 1 1/4 cups White Sugar
- 1 cup vegetable oil
- 3 cups Zucchini, shredded
- 1 teaspoon Vanilla extract
- 2 1/2 cups white, all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon Salt
- 1 teaspoon ground cinnamon
- 3/4 cup semisweet chocolate chips (mini or regular)

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans. In a microwave-safe bowl, microwave chocolate until melted. Stir occasionally until chocolate is smooth (see alternate under Notes)
2. In a large bowl, combine eggs, sugar, oil, grated zucchini, vanilla and chocolate; beat well. Stir in the flour baking soda, salt and cinnamon. Fold in the chocolate chips. Pour batter into prepared loaf pans.
3. Bake in preheated oven for 60 to 70 minutes, or until a toothpick inserted into the center of a loaf comes out clean.

Notes:

- Substitution for squares of Baking Chocolate: cream together 1 tablespoon softened butter with 3 Tablespoons Cocoa powder.
- Muffins: be sure chocolate chips are well distributed so each muffin has some; bake 27 minutes

Traditional Zucchini Bread

Submitted by Connie Hertel



Prep/total Time: 15 minutes Bake: 1 hour

Servings: 12

Source: Betty Crocker

Ingredients

- 3 cups shredded zucchini (2 to 3 medium)
- 1 2/3 cups sugar
- 2/3 cup vegetable oil
- 2 teaspoons vanilla
- 4 eggs (slightly beaten)

Dry ingredients:

- 3 cups all-purpose or whole wheat flour
- 2 teaspoons baking soda
- 1 teaspoons salt
- 1 teaspoon ground cinnamon
- ½ teaspoon baking powder
- ½ cup coarsely chopped nuts
- ½ cup raisins, if desired

Directions

1. Move oven rack to low position so that tops of pans will be in center of oven. Heat oven to 350 degrees F.
2. Grease bottoms only of 2 (8x4-inch) loaf pans or 1 (9x5-inch) loaf pan with shortening or cooking spray.
3. In a medium bowl add dry ingredients and set aside. In large bowl, stir sugar, oil, vanilla, eggs, and zucchini until well mixed.
4. Stir in dry ingredients mixture. Stir in nuts and raisins. Divide batter evenly between 8-inch pans or pour into 9-inch pan.
5. Bake 8-inch loaves 50-60 minutes. Bake 9-inch loaf 1 10 minutes to 1 hour 20 minutes (Best to use a cooking thermometer; insert into bread. Done when reaches 200 degrees F).
6. Loosen sides of loaves from pans; remove from pans and place top side up on cooling rack. Cool completely, about 2 hours before slicing. Wrap tightly and store at room temperature up to 4 days or refrigerate up to 10 days.

Pineapple Zucchini Bread

Submitted by Diane Danley



Pineapple adds moisture and denseness while nutmeg and cinnamon bring depth to this easy bread

Prep/total Time: 30 minutes Bake: 1 hour

Yield: two 9x5 loaves

Author: unknown

Ingredients

- 3 Eggs
- 1 cup vegetable oil
- 2 cups white sugar
- 2 cups unpeeled Zucchini, shredded
- 1 (8 ¼ oz.) can crushed pineapple, drained
- 1 teaspoons Vanilla extract
- 3 cups white, all-purpose flour
- 2 teaspoon baking soda
- ¼ teaspoon baking powder
- 1 teaspoon Salt
- 1 ½ teaspoon ground cinnamon
- ¾ teaspoon nutmeg

Directions

1. Preheat oven to 350 degrees F. Lightly grease two 9x5 inch loaf pans.
2. In a large bowl, combine eggs, sugar, oil, and vanilla; beat well. Stir in the flour baking soda, salt and cinnamon. Fold in the grated zucchini and crushed pineapple. Pour batter into prepared loaf pans.
3. Bake in preheated oven for 60 to 70 minutes, or until a toothpick inserted into the center of a loaf comes out clean.

Notes

- Do not undercook.
- Use 1 cup white sugar and 1 cup packed brown sugar for a richer flavor.