

## Upside Down Zucchini Cornbread

Yield: 6 servings

### Ingredients:

2 cups sliced unpeeled zucchini (about 2 medium)	1/4 cup canola oil
2 tablespoons olive oil	1 cup buttermilk
1 cup corn meal	1/4 cup chopped onions
1 cup all-purpose flour	2 cloves garlic, minced
2 tablespoons sugar	2 tablespoons grated lemon peel
4 teaspoons baking powder	1 teaspoon hot pepper flakes
1/2 teaspoon salt	1 tablespoon crushed fennel seed
3 egg whites	

### Procedure:

Saute zucchini in olive oil for about 5 minutes. Meanwhile, combine corn meal, flour, sugar, baking powder and salt. In another bowl, stir together egg whites, oil and buttermilk. Add dry ingredients to buttermilk mixture and stir only long enough to incorporate. Mix in onions, garlic, lemon peel, pepper flakes and fennel. Spray an 8-inch round baking pan with cooking oil and layer zucchini, beginning in the center and working outward. Overlap zucchini so pan's bottom is completely covered. Spoon batter over zucchini and bake at 350 F for 35 to 45 minutes. Run a knife around the pan to loosen corn bread and invert onto a serving platter. Let inverted pan sit for a few minutes then thump pan to loosen.

about 360 calories and 15 grams of fat per serving (one-sixth of recipe)

**A serving also provides calcium, vitamin C, iron and these B vitamins: thiamine, riboflavin and niacin.**

NDSU Agriculture Communication



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