



## Lickety-Split One-Bowl Chocolate Zucchini Cake

By Dylan Sabuco

**Prep Time** 10 / **Cook Time** 12 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**bake:** to cook food with dry heat, as in an oven.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

### Equipment

- Oven
- Muffin pan
- Paper cupcake liners
- Large mixing bowl
- Dry measuring cups
- Measuring spoons
- Liquid measuring cup
- Grater
- Whisk or wooden spoon
- Toothpick or knife to test for doneness

### Ingredients

Lickety-Split One-Bowl Chocolate Zucchini Cake

- 1 3/4 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**\*\***
- 3/4 C pure unsweetened cocoa powder **\*\***(for DAIRY ALLERGY check label for small amounts of dairy; for CHOCOLATE ALLERGY sub carob powder)**\*\***
- 1 3/4 C granulated sugar
- 2 tsp baking soda
- 1 tsp baking powder
- 3/4 tsp salt
- 1/2 C vegetable oil **\*\***
- 1 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***
- 1 C milk **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free milk)**\*\***
- 1 medium zucchini
- 2 large eggs **\*\***(for EGG ALLERGY sub 1/2 C applesauce)**\*\***

## Food Allergen Substitutions

### Lickety-Split One-Bowl Chocolate Zucchini Cake

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

**Dairy:** Check cocoa powder for small amounts of dairy. Substitute dairy-free/nut-free milk.

**Chocolate:** Substitute carob powder for cocoa powder.

**Soy:** Substitute canola oil or other nut-free oil for vegetable oil.

**Egg:** For 2 large eggs, substitute 1/2 C applesauce.

## Instructions

### Lickety-Split One-Bowl Chocolate Zucchini Cake

#### intro

Chocolate cake is a classic dessert that exists in so many different variations. The most standard recipes are very simple buttermilk cake recipes with the added bonus of chocolate flavor. Today's recipe is no different, with a bonus of zucchini. Zucchini is an amazing food full of water, sugar, and nutrients. Those are all great additions to cakes and cookies.

#### measure + grate

In a large mixing bowl, measure **1 3/4 cups flour, 3/4 cup cocoa powder, 1 3/4 cups sugar, 2 teaspoons baking soda, 1 teaspoon baking powder, 3/4 teaspoon salt, 1/2 cup vegetable oil, 1 teaspoon vanilla extract,** and **1 cup milk**. Whisk to combine. Then, grate **1 zucchini** and crack **2 eggs** into the bowl.

### superstar food spotlight

Zucchini is rich in vitamins A and C and antioxidants, supporting immune function and promoting healthy skin. Additionally, its high fiber content aids digestion and helps to maintain stable blood sugar levels. On top of all those great facts, zucchini has a natural sweetness that lends nicely to baking and makes zucchini an easy food to add to your diet in many different ways.

### mix + preheat + scoop

Mix the ingredients thoroughly with a whisk or wooden spoon. Preheat your oven to 350 F. Place cupcake liners in each well of a muffin pan. Then, scoop 1/4 cup or slightly less batter into each lined well.

### bake + decorate

Slide the muffin pan into the oven and bake for 12 minutes or until a toothpick or knife inserted can be removed cleanly with no batter. Finally, cool the cakes for a few minutes. Then, decorate with **Quick Chocolate Glaze and Candied Zucchini**. Dig in! Eat and Enjoy!

## Featured Ingredient: Zucchini!

Hi! I'm Zucchini!

"I'm very fond of summer, aren't you? After all, I'm a summer squash! I have beautiful, tender green skin, so don't peel it off before cooking, or you'll lose some of my fiber and nutrients. I may be a small gourd, but you wouldn't like my taste as much if I got too big. You can do all sorts of things with me to fit your recipes: slicing, dicing, grating, and even making spaghetti-like noodles out of me using a vegetable peeler or a fancy device called a spiralizer!"

### History

Zucchini (*Cucurbita pepo*) is a summer squash of the same family that includes cucumbers and melons. Summer squash is a squash that is picked when immature, while its peel is still tender. Like many other veggies we've seen, zucchini is technically a fruit, not a vegetable! Central and South American people have been eating zucchini for several thousand years. However, the zucchini we know today is an Italian variety of summer squash developed from those of native Central and South America. Christopher Columbus brought squash seeds to the Mediterranean region and Africa. The Native American word for zucchini is "skutasquash," which means "green thing eaten raw."

## Anatomy & Etymology

Zucchini grow on vines just like cucumbers do.

Zucchini plants produce male and female flowers on the same plant, with the female flowers directly attached to the fruit and the male flowers attached to a long stem on the plant. Therefore, insects must pollinate the plants for the fruit to grow.

Zucchini can rapidly grow to several feet long, but the smaller ones taste sweeter.

The record for the longest zucchini is 8 feet 3.3 inches. The heaviest zucchini was 64 pounds 8 ounces! It's "zucchini" in the US, Canada, and a few other countries. The word is a plural of the Italian "zucchini" (masculine form—the feminine form, "zucchina" is preferred), which is a diminutive (smaller version) of "zucca" or "gourd."

In France, they say "courgette" (kooor-ZHET), which the British also use. It's a diminutive of the French "courge," which also means "gourd."

## How to Pick, Buy, & Eat

Harvesting zucchini when they're between 6 to 8 inches long and 3 to 4 inches in diameter ensures they will be more tender and sweet.

A "bumper crop" of zucchini is an overload of zucchini that grows faster than a home gardener can cook and eat it!

When buying zucchini, choose firm and heavy ones for their size. In addition, fresh zucchini should have bright, glossy skin free of bruises or nicks. Zucchini stay fresh for up to a week when stored in a plastic bag in the refrigerator.

Zucchini is very versatile, and you can use them in both savory and sweet dishes, like ratatouille and zucchini bread.

Fresh zucchini blossoms can be cooked and eaten raw. You can remove the pistils from the female flower blossoms and the stamens from male flower blossoms, but you don't have to. Both have flavor and are edible.

## Nutrition

Potassium: helps reduce blood pressure and increase blood flow to and from our hearts.

Manganese: helps wounds heal and bones grow.

Antioxidants: help keep us healthy and healing faster when we're sick.

Fiber: helps us digest our food and absorb nutrients from our food.

