Greek Yogurt Zucchini Bread

INGREDIENTS (serving size: 24)

- Nonstick cooking spray with flour
- 1 cup fat free plan Greek yogurt
- ¼ cup canola oil
- 1 ¾ cups granulated sugar
- 1 large egg
- 3 egg whites
- 1 tablespoon vanilla extract
- 1 ½ cups all-purpose flour
- 1 ½ cups white whole-wheat flour
- 1 tablespoon ground cinnamon
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt

- 3 cups zucchini, shredded
- 2 teaspoons orange zest

For the Glaze:
- ½ cup powder sugar
- 2 tablespoons fresh-squeezed orange juice
- 1 tablespoon melted butter

> NUTRITION INFORMATION: 150 Calories; 3.5 grams Fat; 0.5-gram Saturated Fat; 10 mg Cholesterol; 140 mg Sodium; 27 grams Carbohydrates; 2 grams Fiber; 14 grams Sugar; 4 grams Protein

DIRECTIONS

1. Preheat the oven to 350 degrees Fahrenheit. Spray two 9 X 5-inch loaf pans with nonstick cooking spray with flour and set aside. In a large bowl, beat together the yogurt, oil, sugar, egg, egg whites and vanilla.
2. In a separate bowl, combine the all-purpose flour, whole wheat flour, cinnamon, baking powder, baking soda and salt. Add the dry ingredients to the liquid ingredients and gently combine until just moistened, being careful not to over mix.
3. Add the zucchini and orange zest and stir to combine. Pour the batter into the prepared loaf pans and bake for 45 to 55 minutes or until a wooden pick inserted in the center comes out clean.
4. To make the glaze combine the powder sugar, orange juice and melted butter; stir until smooth. Spread the glaze over the top of the bread while it is still warm. Allow the bread to cool in the pan on a wire rack for 20 minutes. Remove the bread from the pans and cool completely on the wire rack.