



Lickety-Split One-Bowl Chocolate Zucchini Cake + Quick Chocolate Glaze + Candied Zucchini

By Dylan Sabuco

Prep Time 25 / **Cook Time** 12 / **Serves** 4 - 6

Shopping List

- FRESH
- 2 medium zucchini
- DAIRY AND EGGS
- 2 large eggs ******(see allergy subs below)******
- 1 C + 1 1/2 T milk + extra if needed to thin glaze ******(see allergy subs below)******
- PANTRY
- 1 3/4 C all-purpose flour ******(see allergy subs below)******
- 3/4 C + 2 T pure unsweetened cocoa powder ******(see allergy subs below)******
- 1 3/4 C + 1/2 T granulated sugar
- 2 tsp baking soda
- 1 tsp baking powder
- 1 tsp salt
- 1/2 C vegetable oil ******
- 1 tsp pure vanilla extract ******(see allergy subs below)******
- 3/4 C powdered sugar + extra if needed to thicken glaze
- HAVE ON HAND
- Paper cupcake liners

"WATER YOU COOKING UP?" FLAVORED WATER (OPTIONAL)

4 C water

2 C ice

Choose 1 or more of the following fresh ingredients to flavor your water:

1 cucumber

1 lime

1 lemon

1 orange

1 mint sprig

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

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

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.

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

toss: to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

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

Equipment

Pitcher

- Cutting board
- Kid-safe knife
- Measuring cups
- 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
- Medium mixing bowls (2)
- Whisk
- Paper towels
- Spoon to drizzle glaze

Ingredients

"Water You Cooking Up?" Flavored Water

- 4 C water
- 2 C ice
- Choose 1 or more of the following fresh ingredients to flavor your water:
 - 1 cucumber
 - 1 lime
 - 1 lemon
 - 1 orange
 - 1 mint sprig

Lickety-Split One-Bowl Chocolate Zucchini Cake

- 1 3/4 C all-purpose flour **** (for GLUTEN ALLERGY sub 1 3/4 C gluten-free/nut-free all-purpose flour)****
- 3/4 C pure unsweetened cocoa powder **** (for CHOCOLATE ALLERGY sub 3/4 C 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 1 C dairy-free/nut-free milk)****
- 1 medium zucchini
- 2 large eggs **** (for EGG ALLERGY sub 1/2 C applesauce)****

Quick Chocolate Glaze + Candied Zucchini

- Candied zucchini:
 - 1 medium zucchini
 - 1/2 T granulated sugar
 - 1 tsp milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- Chocolate glaze:
 - 3/4 C powdered sugar + extra if needed to thicken glaze
 - 2 T pure unsweetened cocoa powder **** (for DAIRY ALLERGY check label for small amounts of dairy; for CHOCOLATE ALLERGY sub carob powder)****
 - 1 T milk + extra if needed to thin glaze **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****
 - 1 pinch salt

Food Allergen Substitutions

"Water You Cooking Up?" Flavored Water

Lickety-Split One-Bowl Chocolate Zucchini Cake

Celiac/Gluten/Wheat: For 1 3/4 C all-purpose flour, substitute 1 3/4 C gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Chocolate: For 3/4 C pure unsweetened cocoa powder, substitute 3/4 C carob powder.

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

Dairy: For 1 C milk, substitute 1 C dairy-free/nut-free milk.

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

Quick Chocolate Glaze + Candied Zucchini

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

Chocolate: Substitute carob powder for cocoa powder.

Instructions

"Water You Cooking Up?" Flavored Water

chop + measure + stir

Choose the flavor of water you will be making. Simply slice whatever **fresh ingredients** you chose and place them into a pitcher. Measure and add **4 cups of water** and **2 cups of ice**. Stir a few times and then serve.

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!

Quick Chocolate Glaze + Candied Zucchini

grate + toss

Grate **1 zucchini** and toss the grated zucchini with **1 teaspoon milk** and **1/2 tablespoon sugar** in a medium bowl for the candied zucchini. Set to the side while you make the glaze.

measure + whisk

In another medium bowl, measure and whisk **1 tablespoon milk**, **1 pinch of salt**, **2 tablespoons cocoa powder**, and **3/4 cup powdered sugar** together until smooth, creamy, and a little thick. Add more sugar if the glaze is too thin and more milk (or water) if it is too thick.

squeeze + drizzle + sprinkle

Squeeze the candied zucchini dry with a paper towel. Use a spoon to drizzle the glaze over **Lickety-Split One-Bowl Chocolate Zucchini Cake** and sprinkle the candied zucchini on top.

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.