Walnuts Perk Up Loaves With Seasonal Crunch

NATURALLY

Sharon Cadwallader

During the holidays, we like to bring out the baking pans and get at it. And if you are lucky to have some walnut meats stashed away, you might want to try these breads.

Cinnamon and ginger complement the seasonal flavors of Pumpkin Walnut Bread.

The sweetness of fruit and nuts highlights the Apricot Walnut Bread, which has just a hint of lemon.

Both quick breads make a nice light repast for drop-in guests. Both are can be served plain or with cream cheese.

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PUMPKIN WALNUT BREAD

INGREDIENTS:

- ☐ 1¾ cups all-purpose unbleached flour
- ☐ ⅔ cup sugar
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon baking powder
- ☐ 1 teaspoon cinnamon
- ☐ ½ teaspoon salt
- ☐ ½ teaspoon ground ginger
- ☐ 1 egg
- ☐ 1 cup canned pumpkin
- ☐ ⅓ cup sour cream
- ☐ ⅓ cup canola oil
- ☐ ¼ cup apricot or peach jam
- ☐ ¾ cup chopped walnuts

INSTRUCTIONS: Preheat the oven to 350°. Liberally butter a standard-size loaf pan (8½ x 4½ or 9 x 5 inches).

Combine the flour, sugar, baking soda, baking powder, cinnamon, salt and ginger in a mixing bowl; stir to blend.

Beat together the egg, pumpkin, sour cream, oil and jam.

Combine the moist and dry ingredients, beating with an electric mixer on a low speed. When well mixed, fold in the nuts and spoon into the prepared loaf pan.

Bake for 1 hour or so, until a skewer inserted in the center comes out clean.

Cool on a rack for 10 minutes before removing from pan, then cool thoroughly before slicing.

Yields 1 loaf. Approximately 12 slices.

PER SLICE: *250 calories, 5 g protein, 31 g carbohydrate, 12 g fat (2 g saturated), 20 mg cholesterol, 196 mg sodium, 1 g fiber.*

APRICOT WALNUT BREAD

INGREDIENTS:

- ☐ 1½ cups dried apricots
- ☐ 1 cup boiling water
- ☐ ½ teaspoon baking soda
- ☐ ¾ cup granulated sugar
- ☐ 2 eggs
- ☐ 3 tablespoons canola oil
- ☐ 2¾ cup all-purpose unbleached flour
- ☐ 3 teaspoons baking powder
- ☐ 2 teaspoons grated lemon zest
- ☐ ½ teaspoon salt
- ☐ 1 cup chopped

INSTRUCTIONS: Preheat oven to 350°. Liberally butter 2 standard-size loaf pans (8½ x 4½ or 9 x 5 inches).

Place the apricots in a bowl and pour the boiling water over them. Let soak until tender but not mushy. Drain, reserving the soaking water. Coarsely chop the apricots; set aside.

Put 1 cup of the soaking water in a large mixing bowl (add water if necessary to make 1 cup). Add the baking soda, sugar, eggs and oil; beat well.

Stir together the flour, baking powder, zest and salt; add to the moist ingredients, along with the apricots and walnuts. Stir to mix well. Spoon into the loaf pans.

Bake for 45 to 50 minutes, or until a skewer inserted in the center comes out clean.

Cool for 10 minutes in the pan, then remove to a rack and cool thoroughly before slicing.

Yields 2 loaves. Approximately 12 slices each.

PER SLICE: *145 calories, 3 g protein, 22 g carbohydrate, 5 g fat (0 g saturated), 18 mg cholesterol, 109 mg sodium, 1*