

A breakfast bread with sharp Cheddar, vegetables, and a festive speckling of green and red! Serve squares in a basket with fresh bagels.

PREP: 25 minutes

BAKE: 50 to 55 minutes

- 4 ounces sharp Cheddar cheese, shredded (1 cup)
- 2 ounces grated Parmesan cheese (½ cup)
- 2½ cups all-purpose flour
- 4 teaspoons baking powder
- 1 tablespoon sugar
- 1½ teaspoons salt
- ½ teaspoon coarsely ground black pepper
- 1 small zucchini (about 5 ounces), coarsely shredded (1 cup)
- 1 medium red pepper, finely chopped (½ cup)
- 3 small green onions, finely chopped
- 2 large eggs
- ½ cup milk
- 3 tablespoons olive oil

1. Preheat oven to 350°F. Grease 9" by 9" metal baking pan.

2. In small bowl, mix ¼ cup Cheddar and 2 tablespoons Parmesan; set aside.

3. In large bowl, combine flour, baking powder, sugar, salt, and black pepper. Stir zucchini, red pepper, green onion, and remaining cheeses into flour mixture. In medium bowl, with wire whisk, beat eggs, milk, and oil until blended; add to flour mixture and stir just until evenly moistened.

4. Spoon batter into pan and spread evenly. Sprinkle top with reserved cheese mixture.

5. Bake bread 50 to 55 minutes, until toothpick inserted in center comes out clean. Cool bread in pan on wire rack 5 minutes. With small metal spatula, loosen bread from side of pan. Invert bread onto large plate and remove pan. Immediately invert bread onto wire rack to cool completely. Makes 16 servings.

■ Each serving: About 155 calories, 7 g protein, 17 g carbohydrate, 7 g total fat (3 g saturated), 1 g fiber, 38 mg cholesterol, 405 mg sodium.

Chef's Tricks: Bake the bread the night before and reheat, wrapped in foil. Or, mix the dry ingredients (store at room temperature), grate the cheeses, prep the vegetables, and whisk together the wet ingredients (store all separately in refrigerator) the night before. Just combine all the elements and bake when ready.