

### **Savory zucchini bread with parmesan and onion**

1 large zucchini, grated  
1 medium onion, grated  
1/2 cup grated parmesan  
1 stick butter, melted  
3 eggs  
1/4 cup of honey  
3 cups whole wheat white flour  
1 1/2 teaspoons baking soda  
1/2 teaspoon baking powder  
1 teaspoon salt  
1/4 teaspoon nutmeg or 30 seconds of grating a nutmeg on a microplane  
1/3 cup milk (if necessary)

Preheat oven to 350° F. Butter a loaf pan or place parchment paper in it.

Stir together the zucchini, onion, eggs, butter, and honey. Sift together the flour, baking soda, baking powder, salt and nutmeg. Fold the wet ingredients into the dry. Depending on the amount of juice from the zucchini and onion, you may need to add some milk to the batter if it is too thick to combine. I ended up adding about 1/3 cup of milk.

Put the batter into the pan and bake for about 30 minutes. Test the bread with a skewer or knife to see if it's done (the skewer or knife will come out clean). If not, bake until it is done.

Cool in the pan for 5 minutes then on a rack for at least an hour. This bread is better if wrapped and refrigerated then served the next day. Perfect for toast.