

## **Lemon-Poppy Seed Quick Bread**

**Prep:** 20 minutes

**Bake:** 50 minutes at 350°F

**Stand:** Overnight

**Makes:** 1 loaf (16 slices)

### **Ingredients**

2 cups all-purpose flour

1 cup sugar

2 teaspoons baking powder

1/2 teaspoon salt

1 egg, lightly beaten

1 cup milk

1/4 cup vegetable oil

1 tablespoon finely shredded lemon peel

2 tablespoons lemon juice

1 tablespoon poppy seeds

2 tablespoons sugar

2 tablespoons lemon juice

1 tablespoon butter

### **Directions**

1. Preheat oven to 350°F. Grease the bottom and 1/2 inch up sides of an 8×4×2-inch loaf pan; set aside.

In a large bowl stir together flour, 1 cup sugar, the baking powder, and salt. Make a well in center of the flour mixture; set aside.

2. In a bowl combine egg, milk, oil, lemon peel, 2 tablespoons lemon juice, and the poppy seeds. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Spoon batter into prepared pan, spreading evenly.

3. Bake for 50 to 55 minutes or until a wooden toothpick inserted near center comes out clean. Cool in pan on a wire rack for 10 minutes.

4. Meanwhile, for lemon glaze, in a small saucepan combine 2 tablespoons sugar, 2 tablespoons lemon juice, and the butter. Heat and stir over medium-low heat until sugar is dissolved. Remove bread from pan. Poke holes in top of warm loaf with a fork; slowly brush with lemon glaze. Cool completely on a wire rack. Wrap and store overnight before slicing.

*Per slice: 164 cal., 5 g fat (1 g sat. fat), 15 mg chol., 121 mg sodium, 30 g carb., 1 g fiber, 3 g pro.*

**To Store:** Wrap cooled loaf or mini loaves in foil or plastic wrap. Store in the refrigerator for up to 1 week. Or place in freezer bag or container and freeze for up to 3 months. If frozen, thaw overnight in the refrigerator.

**Tangerine-Poppy Seed Quick Bread:** Prepare as directed, except substitute finely shredded tangerine or orange peel for the lemon peel and tangerine juice for the lemon juice in bread and glaze. After removing loaf from pan, poke holes in the top of the warm loaf with a fork; slowly brush with glaze.

*Per slice: 162 cal., 5 g fat (1 g sat. fat), 16 mg chol., 119 mg sodium, 27 g carb., 1 g fiber, 3 g pro.*

**Lemon-Cardamom Quick Bread:** Prepare as directed, except substitute 1/2 teaspoon ground cardamom for the poppy seeds. Spread cooled loaf with lemon icing. For lemon icing, in a medium bowl whisk together 1 1/4 cups powdered sugar, 1 teaspoon finely shredded lemon peel, 4 teaspoons lemon juice, 2 teaspoons light-color corn syrup, and 1/4 teaspoon vanilla.

*Per slice: 187 cal., 4 g fat (1 g sat. fat), 14 mg chol., 114 mg sodium, 35 g carb., 1 g fiber, 3 g pro.*