

Check out our radio program  
on KANE AM1240  
every Thursday at 10:30 am



**BestLife Iberia** Executive Chef,  
*Patrick Mould*

Chef, educator, TV personality, cookbook author and culinary innovator, Chef Patrick Mould has contributed much to the cooking landscape that is South-west Louisiana. With over 25 years experience Chef Mould is no stranger behind a stove and has been at the forefront of Cajun and Creole Cuisine.



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# BEST LIFE

## Iberia

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## Zucchini Cheese Bread

### Ingredients:

3 cups flour	¼ cup chopped green onions
4 teaspoons baking powder	¼ cup minced parsley
1 teaspoon salt	1 tablespoon granulated garlic
¾ teaspoon baking soda	2 large eggs
1¼ cup shredded zucchini	1 cup buttermilk
½ cup shredded fat free cheddar cheese	½ stick unsalted butter melted
¼ cup shredded fat free jalapeno jack cheese	

### Directions:

1. Pre-heat oven to 350 degrees. Grease 9x5-inch loaf pan.
2. In a large bowl stir together flour, baking powder, salt, baking soda until blended.
3. Toss in zucchini, cheeses, green onions, parsley and garlic.
4. In another bowl whip together eggs, buttermilk and melted butter until completely blended. Lightly blend egg mixture into dry ingredients until it forms a moist batter. Be careful not to over blend!
5. Pour into loaf pan and bake for 60 minutes. Allow to cool for 5 minutes before removing from pan. Place on wire rack to completely cool.

Yields 1 loaf—24 slices



MADE POSSIBLE BY:



NUTRITIONAL ANALYSIS  
PROVIDED BY:



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Calories • Protein (g) • Fat (g) • Salt (mg) • Carbs (g)  
103 • 61 • 3 • 302 • 14

