



Lemony Zucchini Poppyseed Doughnut Holes

By Erin Fletter

Prep Time 30 / **Cook Time** 22 / **Serves** 6 - 12

Fun-Da-Mentals Kitchen Skills

crack: to break open or apart a food to get what's inside, like an egg or a coconut.

fold: to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

separate eggs: to remove the egg yolk from the egg white by cracking an egg in the middle and using the shell halves, the palm of the hand, or a device to keep the egg yolk in place while the egg white falls into a separate bowl.

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

Equipment

- Oven
- Mini muffin pan
- Mixing bowls
- Electric handheld mixer
- Whisk
- Zester (or grater with small zesting plate/side)

- Grater
- Skillet
- Measuring spoons
- Dry measuring cups
- Liquid measuring cup
- Citrus juicer (optional)
- Toothpicks or knife to test cake

Ingredients

Lemony Zucchini Poppyseed Doughnut Holes

- 2 eggs **** (for EGG ALLERGY sub 1 ripe banana)****
- 2 C all-purpose flour **** (for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
- 2 tsp baking powder
- 1 T sugar
- 1/2 tsp salt
- 1/2 tsp baking soda
- 2 T butter **** (for DAIRY ALLERGY sub dairy-free/nut-free butter)****
- 1 lemon
- 1 medium zucchini
- 1 tsp poppy seeds
- 2 C buttermilk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- 1/4 C vegetable oil

Food Allergen Substitutions

Lemony Zucchini Poppyseed Doughnut Holes

Egg: For 2 eggs, substitute 1 banana.

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour.

Dairy: Substitute dairy-free/nut-free butter and dairy-free/nut-free milk.

Instructions

Lemony Zucchini Poppyseed Doughnut Holes

preheat + grease

Adults, preheat the oven to 325 F. Divide **1/4 cup of vegetable oil** among the wells of your mini muffin pan, about 1 teaspoon in each. Heat pan in the oven for 10 minutes before you are ready to bake the doughnut holes.

crack + separate + beat

Get **2 eggs** and show kids how to crack and separate the egg whites from the egg yolks. In a clean bowl, add the egg whites and beat the egg whites with your electric mixer until they can hold a stiff peak. Set the egg white aside. Whisk the egg yolks together in a small bowl and reserve to the side. (If subbing banana, have kids mash it in a bowl).

zest + grate

Have kids wash and zest the skin of **1 lemon** (only the yellow part!) with a fine grater. The zest has a ton of oils and lemony flavor. Can you smell it? Next, have kids grate **1 medium zucchini**.

sauté + drain + cool

Adults, in your skillet, sauté the lemon zest and zucchini in **2 tablespoons of butter** for 3 to 5 minutes or until the zucchini is soft and some of the liquid is released in the pan. Drain the excess liquid from the pan. Add **1 tablespoon of poppy seeds**, stir into the zucchini mixture, and let cool.

measure + mix + squeeze

Have the kids measure and mix together **2 cups flour**, **2 teaspoons baking powder**, **1 tablespoon sugar**, **1/2 teaspoon salt**, and **1/2 teaspoon baking soda** into a large bowl and whisk together. Add the reserved **egg yolks** and **2 cups buttermilk** at once and beat until smooth. Have kids squeeze all of the juice from the lemon that you just zested into the batter as well (no lemon seeds please!). Add the zucchini mixture and mix into the batter. Mix well!

fold

Have the kids gently fold the **egg whites** in last.

bake + cool

Adults, pull your **hot** muffin pans from the oven and carefully pour in about 2 tablespoons of the batter into each well. Stick the pans back in the oven and bake the doughnut holes for 15 to 17 minutes, or until they're a pale golden brown and a toothpick inserted into the middle of one of the center holes comes out clean. Let cool and serve with Lemon Juicy-licious Icing (see recipe)!

Featured Ingredient: Lemon!

Hi! I'm Lemon!

"I just love the sun, don't you? That's because I'm a lemon, and we grow so much better in sun and warmth. My skin is a lovely, sunny yellow color. I'm a citrus fruit, but I'm not sweet like an orange. So if you bite into me, your mouth might pucker! But if you squeeze out my juice, then add water and sugar to it, you'll enjoy the sweet and sour taste of lemonade! My zest and juice can bring a wonderful brightness to many dishes."

History

Lemon trees are small evergreen trees thought to be native to Asia. Sometime in the first century, they came to Italy and the Mediterranean region. Although the trees were widely distributed throughout the Middle East and Mediterranean countries between the 8th and 11th centuries, they weren't cultivated to a great extent until the middle of the 1400s in Italy. Spanish explorers brought lemon seeds with them to the Americas later in the 15th century. By the 19th century, you could find lemon trees in Florida and California.

Today, California and Arizona produce 95 percent of the entire lemon crop in the United States.

During the European Renaissance, fashionable ladies used lemon juice as a way to redden their lips! Today you might find people with naturally blond or light brown hair using lemon juice, diluted with water, to lighten their hair. This method is subtle and requires exposure to sunlight to see results, so be sure to put sunscreen on your skin!

Lemons were once so rare that kings would give them away as gifts.

Anatomy & Etymology

There are two different types of lemons—acidic and sweet. The most common acidic varieties include Eureka and Lisbon. The acidic types are grown commercially, and the sweet types are grown mainly by home gardeners. Lemon trees bloom and produce fruit year-round. Each tree can produce up to 500 to 600 lemons annually.

Lemons are hybrids of bitter or sour oranges and citrons, another type of citrus fruit.

Lemons are technically berries. All citrus fruits are berries!

Lemons are protected by a rind or peel and a lining of spongy, white tissue called the "pith." When zesting lemon peel for a recipe, you want to avoid including the pith, which is bitter. Lemon flesh is plump, full of juice, and studded with seeds.

Common types of lemons include Eureka, Lisbon, and Meyer. Meyer lemons have a sweeter, more floral taste and aroma. They are a combination of a lemon and a sweet orange. Eureka lemons are the most prolifically grown lemon in the world. They have pointed, tapered ends.

The word "lemon" is from the Middle English "lymon," from the Old French "limon," which is from the Arabic "līmūn," a collective term for citrus fruits.

How to Pick, Buy, & Eat

To choose lemons with the most juice, look for those with thin peels and are heavy for their size. There are about three tablespoons of lemon juice in one lemon and about eight seeds.

Lemon juice is sour by itself, but you can add lemon juice and zest from the rind to bring an acidic balance to a sweeter recipe, like cakes, cookies, and curds. It also brightens up vinaigrettes, marinades, and risottos. Lemons can be squeezed over grilled, fried, or roasted chicken, fish, or vegetables. You can make lemonade with the juice and tea from the lemon leaves.

Lemon juice keeps cut pears, apples, bananas, and avocados from turning brown because the acid helps keep the fruit from oxidizing.

Nutrition

Vitamin C! The rind of the lemon has the most vitamin C. Since lemons are high in vitamin C, they have been used throughout history to prevent scurvy—a disease that causes bleeding gums, loose teeth, and aching joints. To this day, the British Navy requires ships to carry enough lemons so that every sailor can have one ounce of lemon juice a day. The demand for lemons and their scurvy-preventing properties hit a peak during the California Gold Rush of 1849. Miners were willing to pay large sums for a single lemon. As a result, lemon trees were planted in abundance throughout California.

Lemon oil, extracted from lemon peel, cannot be ingested. However, when diluted and applied to a person's skin, there is evidence that it acts as an antibacterial and antifungal. Diffused in the air or added to bath water as aromatherapy, it can ease anxiety and stress, lift mood, and sharpen brain function.

Citrus fruits, like lemons and limes, have citric acid, which can help prevent kidney stones from forming.