



Zucchini Patties

Serving Size: 15

Ingredients

- 4 Zucchini
- 2 Eggs
- 1/2 cup Onion *chopped*
- 1/4 cup Herbs *such as parsley, chopped (optional)*
- 1/4 cup All-purpose Flour
- 1 teaspoon Baking Powder
- 1/4 cup Parmesan Cheese *grated and reduced-fat*
- 2 tablespoons Oil
- Sour Cream *reduced fat (optional)*



Directions

1. Grate zucchini into a large bowl and squeeze liquid out of zucchini.
2. Add eggs, onion, fresh herbs, flour, baking powder and cheese. Stir to combine.
3. Heat oil in a medium skillet over medium high heat. Use a ¼ cup measuring cup to drop zucchini mixture into skillet. Gently flatten with a spatula.
4. Cook zucchini patty a few minutes on each side, until lightly brown. Serve with reduced-fat sour cream.

Recipe from <https://eatfresh.org/recipe/main-dish-side-dish-breakfast/zucchini-patties>



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