

Zucchini Bites

Recipe Type: Snack

Serves: 6

Prep Time: 15 minutes

Cooking Time: 15-20 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

2 eggs, beaten
2 C zucchini, shredded
¼ C onion, chopped
½ C low-fat shredded cheddar cheese
½ C breadcrumbs
¼ C fresh parsley, chopped
½ t garlic powder
Cooking Spray



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Preheat the oven to 400°F.
3. Beat the eggs in a large bowl.
4. Put the zucchini, onion, cheese, breadcrumbs, parsley, and garlic powder in the bowl with the eggs. Mix well.
5. Lightly spray a baking sheet with cooking spray.
6. Place tablespoon size scoops of the mixture 1 inch apart on the baking sheet.
7. Bake for 18-20 minutes until the top is golden brown.
8. Serve hot and enjoy!

Note: You can use a muffin pan instead of a cookie sheet.

Contains: Milk, Wheat, and Egg

Nutrition Facts

6 servings per container

Serving size **4 Bites (125g)**

Amount per serving

Calories **100**

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 300mg **13%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 7g

Vitamin D 0mcg **0%**

Calcium 87mg **6%**

Iron 1mg **6%**

Potassium 303mg **6%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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