

Zucchini Patties

Recipe Type: Side dish

Serves: 3

Prep Time: 10 minutes

Cooking Time: 20 minutes

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

What you need:

- 2 C zucchini grated
- 1 T onion chopped
- 1 egg, beaten
- 1½ T flour
- 1 T Parmesan cheese grated
- ¼ t Italian seasoning
- ½ t garlic powder
- ¼ t salt
- 1 t pepper
- 1 T olive oil
- 2 T fat-free sour cream (optional)
- 1 T parsley (optional)

What to do:

1. Wash your hands.
2. Mix the zucchini, onion, egg, flour, cheese, and the rest of the seasonings in a bowl.
3. Form the mix into small patties.
4. Heat the oil on medium to low heat and cook the patties for 3–4 minutes on each side or until they start to turn brown.
5. Remove the patties from the oil onto a plate with paper towels.
6. Enjoy!

Note: Serve with the sour cream and parsley on top or on the side if you want.



This is a picture of 1 serving.

Contains Milk, Egg, and Wheat

Nutrition Facts	
3 servings per container	
Serving size	3 Patties (125g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 270mg	12%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 59mg	4%
Iron 1mg	6%
Potassium 287mg	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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