

# Zucchini Patties

Budget-friendly recipe

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Serves: 15

Ready in: 40 mins.

*Looking for something to do with zucchini? Make these patties to try something new!*

## Ingredients

4 Medium zucchinis

2 Eggs

½ cup chopped onion (1 small onion)

¼ cup chopped herbssuch as parsley (optional)

¼ cup All-purpose flour

1 teaspoon Baking powder

¼ cup grated reduced-fat Parmesan cheese

2 tablespoons Oil

Reduced-fat sour cream or fresh lemon (optional)

## What You'll Need

Measuring spoons

Measuring cups

Cutting board

Chef knife

Grater

Skillet

Spatula

## Directions



Photo attribution: Meriwynn Mansori

**1.**

Grate zucchini into a large bowl.

**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.

**5.**

Serve with reduced-fat sour cream or a squeeze of fresh lemon. Refrigerate leftovers.

## Nutrition Info and more

Serving size: ½ cup

Total calories: 50 Total fat: 3 g Saturated fat: 0.5 g Carbohydrates: 4 g Protein: 2 g Fiber: 1 g Sodium: 70 mg