

Yellow Squash Patties

Stacey

Golden brown and crispy on the outside, tender and flavorful on the inside - these yellow squash patties are made with simple ingredients and a great way to use fresh summer squash.



PREP TIME

10 mins

COOK TIME

20 mins

TOTAL TIME

30 mins



COURSE

Appetizer, Side Dish

CUISINE

American

SERVINGS

8



CALORIES

58 kcal

EQUIPMENT

- frying pan
- mixing bowl

INGREDIENTS

- 2 cups yellow squash chopped finely
- 1 cup onion chopped finely
- 2 stalks green onion chopped
- 2 eggs beaten
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1/2 cup all-purpose flour + 1 Tablespoon
- Oil for cooking

INSTRUCTIONS

1. To Prep: Add about 2 Tablespoons cooking oil to a medium sauté pan or skillet over medium heat.
2. Chop squash and onions and add to a large bowl with the beaten eggs and seasoning.
3. Stir together the squash and egg mixture until combined.
4. Scoop 2 TB of the squash mixture into the frying pan. You can cook more than one patty at a time, but do not crowd the pan; you don't want them to be touching.
5. Pan fry 2-3 minutes on each side, until golden brown on the outside.

NOTES

Nutrition values are an estimate only and will vary based on exact ingredients used and serving size.

NUTRITION

Calories: 58kcal	Carbohydrates: 9g	Protein: 3g	Fat: 1g	Saturated Fat: 0.4g
Polyunsaturated Fat: 0.3g	Monounsaturated Fat: 0.4g	Trans Fat: 0.004g	Cholesterol: 41mg	Sodium: 308mg
Potassium: 138mg	Fiber: 1g	Sugar: 2g	Vitamin A: 148IU	Vitamin C: 7mg
Calcium: 20mg	Iron: 1mg			