Zucchini Patties

Budget-friendly recipe

0 Comments

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 herbs such 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**
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