

Try it “Tuesdays”

Zucchini Patties

Makes: 15 ½ cup servings

Preparation time: 20 minutes

Cooking time: 20 minutes

Nutrition Facts

Serving Size 2 patties (1/2 cup)
Servings Per Container 15

Amount Per Serving		% Daily Value*	
Calories 50	Calories from Fat 25		
Total Fat 3g		5%	
Saturated Fat 0.5g		3%	
Trans Fat 0g			
Cholesterol 30mg		10%	
Sodium 70mg		3%	
Total Carbohydrate 4g		1%	
Dietary Fiber 1g		4%	
Sugars 1g			
Protein 2g			
Vitamin A 4%	Vitamin C 15%		
Calcium 4%	Iron 2%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

- 4 medium zucchinis
- 2 eggs
- ½ cup minced onion (1 small onion)
- ¼ cup minced fresh herbs, such as parsley (optional)
- ¼ cup all-purpose flour
- 1 teaspoon baking powder
- ¼ cup grated reduced fat Parmesan cheese
- Salt and Pepper, to taste (optional)
- 2 tablespoons oil
- Sour Cream or Fresh lemon, (optional)

Directions

Grate zucchini into a large bowl. Add eggs, onion, fresh herbs, flour, baking powder, cheese, salt and pepper. Stir to combine. Heat oil in a skillet over medium high heat. Drop zucchini mixture into skillet using a 1/4 cup measuring cup and gently flatten with a spatula. Cook zucchini patty a few minutes on each side, until lightly brown. Serve with reduced fat sour cream or a squeeze of fresh lemon. Leftovers can be refrigerated and reheated as needed.

For more information, Contact your local EFNEP office

