



Protein-Packed Zucchini Patties

3

4 Servings

Preparation time: 10 minutes

Cook time: 20 minutes

Ready in: 30 minutes

Directions

1. In a bowl, combine zucchini, onion, eggs, Parmesan cheese, mozzarella cheese, flour and salt. Stir well to distribute ingredients evenly.
2. Heat a very small amount of oil in a skillet over medium-high heat. Then drop zucchini mixture by the spoonful, and let cook for a few minutes on each side until they are golden.

Nutritional Information

Calories: 243

Protein: 14 g

Fat: 15 g

Carbohydrate: 15 g

Sodium: 193 mg

Ingredients

2 cups of grated zucchini

2 beaten eggs

½ cup of chopped green onion

½ cup of whole wheat flour

½ cup of grated Parmesan or Manchego cheese

½ cup of shredded mozzarella cheese

2 tablespoons of olive or other vegetable oil

salt to taste