

Zucchini Pancakes

Rating: ★★★★★

Makes: 2 Servings

Ingredients

- 2 cups** grated zucchini
- 1 tablespoon** finely chopped onion
- 1** egg, beaten
- 1 1/2 tablespoons** flour
- 1 tablespoon** Parmesan cheese
- 1/4 teaspoon** dried parsley
- 1/2 teaspoon** garlic powder
- salt and pepper (to taste, optional)
- 1 tablespoon** olive oil (or cooking spray)

Directions

1. Grate zucchini and mix with the other ingredients, except the oil. Blend well.
2. Form the mixture into patties 3-4 inches in diameter.
3. Heat the oil. Cook pancakes for 3-4 minutes per side. Remove and drain on paper towels.

University of Wyoming, Cent\$ible Nutrition Program, Cooking For

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 156 | |
| Total Fat | 10 g | 15% |
| Protein | 6 g | |
| Carbohydrates | 11 g | 4% |
| Dietary Fiber | 2 g | 8% |
| Saturated Fat | 2 g | 10% |
| Sodium | 80 mg | 3% |

MyPlate Food Groups

| | |
|---------------|-----------|
| Vegetables | 1 cup |
| Grains | 1/2 ounce |
| Protein Foods | 1/2 ounce |