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Zucchini Fritters

Makes:

10 - 12 patties, 2 patties per serving

Utensil:

Saladmaster Food Processor
8" Chef's Gourmet Skillet
medium mixing bowl
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Recipe:

Contributed By:

Chef Sergio Corbia
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Recipe Description:

This low fat, low calorie recipe will have your kids wanting for more. And better yet, they'll be asking you to help you make it! **Watch** Chef Sergio prepare these yummy zucchini fritters.

2 cups zucchini, shredded, use Cone #1 (248 g)
1 tablespoon herb of choice, chopped (see tips) (2 - 4 g)
2 green onions, chopped
1 egg
¼ cup feta cheese, crumbled (38 g)
⅓ cup whole wheat flour (40 g)
salt and pepper, to taste

Directions:

1. Place all ingredients in bowl and mix well.
2. Preheat skillet on medium-low heat. When several drops of water sprinkled on skillet skitter and dissipate, use spoon to scoop mixture into pan, flatten with back of the spoon to create patty approximately 4 inches (10 cm) in diameter; cook 2 to 3 patties at a time. Cover with 3 Qt. Sauce Pan or 9" Small Skillet cover and cook for approximately 4 minutes until golden brown. Turn patties and cook other side,

approximately 4 minutes, until golden brown.

Tips:

- Tasty herbs for this dish are rosemary, tarragon, sage and parsley.

Nutritional Information per Serving

Calories: 64
Total Fat: 2g
Saturated Fat: 1g
Cholesterol: 41mg
Sodium: 87mg
Total Carbs: 8g
Dietary Fiber: 1g
Sugar: 1g
Protein: 3g
Analysis based on 12 patties, 2 patties per serving