



## Zucchini Cakes

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*Makes: 6 cakes*

### **Ingredients:**

2 cups of shredded zucchini  
2 tbsp of olive or avocado oil  
½ cup of sliced green onion  
2 eggs (or 3 egg whites)  
1/3 cup whole grain flour  
1 tsp garlic powder  
¼ cup of shredded Parmesan cheese  
½ cup of shredded or chopped part skim mozzarella cheese  
1/8 tsp pepper

### **Steps:**

- Preheat oven at 325 degrees
- Make each cake into a 3 to 4-inch diameter circle (like a pancake)
- Add olive or avocado oil to skillet and put on high
- Pan sear cakes just until brown on both sides
- Lightly spray a sheet pan and put in oven at 325 degrees for 15-20 minutes or until cheese is melted

*Tips from the Test Kitchen: Makes a great side for breakfast or dinner*

**Nutritional Facts (Per Serving):** Calories: 182, Carbohydrates: 12 grams, Protein: 9 grams, Total Fat: 5 grams, Saturated Fat: 4 grams, Cholesterol: 13 mg, Sodium: 217 mg, Fiber: 2 grams, Sugars: 2 grams.