

Zucchini Patties

Adapted from Michelle Irwin

Recipe type: main dish

Serves: 4

Time: 20 minutes preparation, 30 minutes cooking



Ingredients

- 2 cups (2 small or 1 large) zucchini, grated
- 1 teaspoon salt
- 1/2 small yellow onion or 1 green onion, minced
- 1 clove garlic, minced
- 1 carrot, grated
- 1 egg, beaten
- 1 cup dry breadcrumbs or flour
- ground black pepper, to taste

Directions

1. Preheat oven to 400 degrees. *
2. Mix zucchini and salt in colander over the sink. Allow mixture to sit while you prepare the other ingredients, at least 10 minutes.
3. After onion, garlic, carrot, and egg are prepared, gently squeeze excess water out of the zucchini mixture with a clean dish towel or your hands.
4. Combine zucchini with the rest of the ingredients. If the mixture is too wet to stick together, add more breadcrumbs or flour.
5. Form tangerine-sized balls, and then flatten into 1/2-inch thick patties. Place on baking sheet and bake for 15 minutes on each side, flipping half way through. Serve patties on their own or accompanied by dipping sauce, hummus and/or burger fixings of your choice.

*Alternatively, pan fry over medium heat in 1 tablespoon of oil, 2-3 minutes on each side



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