

## Zucchini Patties

1	c.	low-fat tofu mayonnaise
2	c.	whole grain bread crumbs
3	c.	shredded zucchini
1	t.	onion powder
2	t.	garlic powder
2	t.	marjoram
2	t.	celery seed
2	t.	VegeSal

Mix all the ingredients together. Spoon into patties on a non-stick baking sheet. Bake at 375° until golden brown on both sides. Turn once. Serve on a whole grain bun with a fresh leafy green salad.

### LOW-FAT TOFU MAYONNAISE

12	oz.	extra firm silken tofu
2	T.	water
2	T.	lemon juice
1	T.	onion powder
2	t.	potato flour
1	t.	salt (scant)

Optional seasoning (a pinch is 1/16th of a teaspoon or less):

pinch	garlic powder
pinch	tumeric (a few grains)
pinch	paprika

1/4 c. olive oil (Extra Virgin or Extra light)

Blend first six ingredients until smooth. With the blender running, very slowly drizzle in olive oil last. Chill. For a more seasoned mayonnaise, add the optional seasonings before the olive oil.