

Zucchini or Summer Squash Pancakes

Ingredients:

- 2 pounds zucchini, the smaller the better
- 1 egg, lightly beaten
- 1/2 cup minced onion
- 1/4 cup oat flour or flax seed meal plus (to soak excess liquid)
- 1/2 cup parmesan cheese
- salt and pepper to taste
- 1/4 cup fresh basil or parsley leaves
- 4 tbsp. olive oil

1. Finely grate the squash. Combine with the egg, onion, flour or flax seed meal, parmesan cheese, salt and pepper, and herbs. Add more flour if necessary to make a mixture capable of holding its shape
2. Shape into 4 to 8 burger-shaped patties. Refrigerate for 1 hour to allow to firm up
3. When you are ready to cook, place oil in a large skillet and turn heat to medium-high. When the oil is hot, dredge the cakes in oat flour or flax seed meal and place in the skillet
4. Cook turning once, until nicely browned on both sides, about 15 minutes. Serve with lemon wedge