

Zucchini or Summer Squash Pancakes

Ingredients:

- 2 pounds zucchini, the smaller the better
- 1 egg, lightly beaten
- 1/ cup minced onion
- ¼ cup flour or plain bread crumbs plus more for dredging
- ½ cup parmesan cheese
- salt and pepper to taste
- ¼ cup fresh basil or parsley leaves
- 4 tbsp. olive oil

1. Finely grate the squash. Combine with the egg, onion, flour or bread crumbs, parmesan cheese, salt and pepper, and herb. 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 flour or bread crumbs and place in the skillet
4. Cook turning once, until nicely browned on both sides, about 15 minutes. Serve with lemon wedge



Joanna K Chodorowska, BA, NC
personal nutrition and swim coach
215-272-6774
Nutrition in Motion