

Zucchini Pancakes



Ingredients:

- 2 cups zucchini, grated
- 1 tablespoon onion, finely chopped
- 1 egg, beaten
- 1 1/2 tablespoon flour
- 1 tablespoon Parmesan cheese
- 1/4 teaspoon dried parsley
- 1/2 teaspoon garlic powder
- 1 tablespoon olive or canola oil

Directions:

1. Mix all ingredients except oil.
2. Form the mixture into 3-4 inch patties.
3. Heat oil in a skillet.
4. Cook pancakes for 3-4 minutes per side.
5. Remove from skillet and pat with a paper towel to remove extra oil.

Makes 2 servings.



Tarrant County Public Health
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