

ZUCCHINI FRITTERS



INGREDIENTS:

- 2 large zucchini
- 1 large garlic clove
- 1/4 cup part-skim mozzarella cheese
- 1/4 cup Italian breadcrumbs
- 1/4 tsp salt
- pepper to taste
- 1 cup panko breadcrumbs
- 2 eggs
- oil spray for cooking

DIRECTIONS:

1. Use the largest grater to grate zucchini
 2. Helpful tip: Try to remove as much of the moisture from the grated zucchini. Use a cheesecloth to squeeze the moisture
 3. In a large bowl mix the Italian breadcrumbs, salt & pepper, panko, and mozzarella cheese.
 4. Add minced garlic and the grated zucchini.
 5. Beat the two eggs and add it to the breadcrumb mixture. Mix well
 6. Roll the mixture into 8 2 oz balls.
 7. Heat a pan with oil on medium heat.
 8. Press each ball into patties, ~4 inches in diameter.
 9. Cook on each side for 4-6 minutes
- Enjoy!

Makes 8 Servings | 1 Serving = 1 Fritter
Calories: 91 | Protein: 5 g | Carb: 12 g | Fat: 3 g