

ZUCCHINI LATKES

See note below the recipe for a variety of healthier options for flour

INGREDIENTS

- 1 lb Zucchini (coarsely grated)
- Table salt
- ½ lb Feta Cheese (can substitute Ricotta)
- 6 Green onions (minced)
- ½ C Dill (chopped)
- ¼ C Mint (chopped)
- ¼ C Flat leaf parsley
- ¾ C Egg substitute **OR** 3 Eggs
- 1 C Flour
- Morton's No-Salt **OR** salt to taste
- Pepper to taste
- Healthy Oil
- Non-stick cooking spray

MIXING INSTRUCTIONS

- 1 Place the zucchini in a colander & salt it lightly with table salt
- 2 Toss to mix & then let stand for 30 minutes to draw out the excess moisture
- 3 Using a kitchen towel squeeze the zucchini dry & place in a bowl
Crumble the cheese over the zucchini & add the green onions, dill, mint, parsley, egg substitute **OR** eggs, flour & Morton's No-Salt **OR** salt & pepper to taste
- 4 Mix well.

PAN FRYING

- 1 Heat a large saute pan with enough oil to coat the pan at a medium-high setting
If the oil 'spits' when you put a drop of water in it then it is ready
- 2 Use a 1/2 cup of mix
- 3 When the bottom is golden brown flip them
- 4 When the other side is golden brown remove & place on a paper towel with another paper towel on top to blot out the excess oil

BAKING CHOICE # 1

- 1 Use non-stick cooking spray & liberally coat the bottom & sides of each cupcake holder space
- 2 Pour mix into the the individual spaces but do not overfill
- 3 If you would like them crisp spray the top of the mix with non-stick cooking spray before it goes into the oven
- 4 Bake at 400 degrees for 60 minutes or until done
- 5 If you like them crisp then you might put them on the top shelf for the last 10 minutes
- 6 You can tell if they're done if they feel solid when you push down on the top
- 7 Let them cool completely
- 8 Take a dinner knife (not serrated) & slice around each cupcake to loosen it before removing them from the cupcake holder

A yogurt & grated cucumber sauce
goes well with this recipe

CONTINUED ON PAGE 2

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BAKING CHOICE # 2

- 1 Pre-heat oven to 450 degrees
- 2 Using a 1/4 C measuring cup, drop mixture onto baking pan sprayed with non-stick spray
sprayed with non-stick spray
- 3 Flatten latkes slightly & spray the tops with non-stick cooking spray
- 4 Bake uncovered for 10 minutes, or until bottoms are nicely browned & crisp
- 5 Gently flip latkes
- 6 Bake 8 to 10 minutes longer or until at least golden

FLOUR SUBSTITUTES

Coconut flour
Tapioca flour
Quinoa flour
Almond flour
Potato starch
Whole Wheat Pastry flour