

Zucchini Cakes

Relish Magazine

Servings: 4

A quick sauce can be made by mixing some chopped fresh herbs (such as chives and dill) and lemon juice with mayonnaise.

Mini zucchini cakes can be made by forming the mixture into small (1-inch) patties and placing on a baking sheet. Brush with oil and butter and bake at 450 degrees until lightly browned.

3 cups zucchini, coarsely grated
1/2 teaspoon salt
1 cup fresh breadcrumbs (from a baquette)
1 egg
2 green onions, thinly sliced
1/4 cup red bell pepper, diced
1 1/2 teaspoons Old Bay seasoning
1 teaspoon Dijon mustard
1 tablespoon mayonnaise or plain yogurt
1/8 teaspoon red pepper flakes
2 tablespoons vegetable oil
1 teaspoon butter

Place grated zucchini in a colander; sprinkle lightly with salt and let stand 30 minutes. Press with paper towels to remove as much liquid as possible. Zucchini should be fairly dry; and you should have about 2 cups.

Place zucchini, salt, breadcrumbs, egg, green onions, pepper, seasoning, mustard, mayonnaise and pepper flakes in a bowl; mix well. Form into eight patties the size of crab cakes. Chill in refrigerator.

Heat oil and butter in a skillet.

Add patties to skillet and cook on both sides until browned. Drain on paper towels.

Per Serving (excluding unknown items): 106 Calories; 9g Fat (74.9% calories from fat); 3g Protein; 4g Carbohydrate; 2g Dietary Fiber; 56mg Cholesterol; 314mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.