

Zucchini Veggie Pancakes

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Yield: 5 to 6 pancakes

1 medium zucchini, peeled and grated

3 tablespoons flour

1/4 cup Parmesan cheese, grated

1 tablespoon Vidalia onion, grated

1 pinch Kosher salt

1 tablespoon olive oil

1 large egg, beaten

LEMON-MINT DIPPING SAUCE

1/3 cup 2% Greek yogurt

juice of one-half lemon

1 teaspoon fresh mint, finely chopped

1 pinch Kosher salt

Make the Lemon-Mint Dipping Sauce: In a bowl, whisk the Greek yogurt, lemon juice, mint and salt. Set aside.

After the zucchini is grated, sprinkle with salt and let stand for 30 minutes. Squeeze dry.

In a medium bowl, stir the zucchini with the flour, Parmesan, onion and salt.

Warm the olive oil in a large cast-iron or nonstick skillet over medium-high heat. When the oil is hot, stir the egg into the zucchini mixture. Drop heaping spoonfuls of batter into the pan. Flatten slightly with the back of a spoon and cook until golden, about 2 minutes per side.

Serve with the Lemon-Mint Dipping Sauce.

Per Serving (excluding unknown items): 402 Calories; 25g Fat (55.5% calories from fat); 19g Protein; 26g Carbohydrate; 3g Dietary Fiber; 228mg Cholesterol; 684mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1 Vegetable; 3 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	402	Vitamin B6 (mg):	.3mg
% Calories from Fat:	55.5%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	25.3%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	19.2%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	25g	Folacin (mcg):	79mcg
Saturated Fat (g):	7g	Niacin (mg):	2mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	2g
Cholesterol (mg):	228mg
Carbohydrate (g):	26g
Dietary Fiber (g):	3g
Protein (g):	19g
Sodium (mg):	684mg
Potassium (mg):	624mg
Calcium (mg):	340mg
Iron (mg):	3mg
Zinc (mg):	2mg
Vitamin C (mg):	19mg
Vitamin A (i.u.):	1128IU
Vitamin A (r.e.):	186 1/2RE

Alcohol (kcal):
% Deficit: 0 0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 402 Calories from Fat: 223

% Daily Values*

Total Fat	25g	38%
Saturated Fat	7g	36%
Cholesterol	228mg	76%
Sodium	684mg	29%
Total Carbohydrates	26g	9%
Dietary Fiber	3g	13%
Protein	19g	
Vitamin A		23%
Vitamin C		31%
Calcium		34%
Iron		18%

* Percent Daily Values are based on a 2000 calorie diet.