



Zucchini and Yellow Squash Patties

Zucchini are a great source of potassium, vitamin C, manganese, fiber and other nutrients. A small zucchini has only 30 calories! It can be eaten raw but also sautéed, grilled or in stir-fry. Yellow squash are loaded with vitamin C, potassium, folate, beta-carotene, fiber and other nutrients. A small yellow squash has only 30 calories. It is versatile and can be used in a variety of recipes.

Ingredients

1 medium zucchini	1/2 cup grated parmesan cheese
1 medium yellow squash	1 egg (beaten)
2 Tablespoons finely chopped onion	3 Tablespoons olive oil
2 Tablespoons finely chopped garlic	Salt and pepper to taste
1/4 cup Italian breadcrumbs	

Remove ends from zucchini and yellow squash. Coarsely grate them, including the skin. A food process would work, as well. Remove as much liquid as possible by pressing in a dish towel or a strainer.

In a bowl, combine zucchini, squash, onion, garlic, breadcrumbs, cheese and egg. Form mixture into small flat patties. In a large saute pan heat the oil on medium-low heat. Cook the patties three to 4 minutes on each side or until light brown and crisp. Add salt and pepper to taste. You can serve with a side of marinara sauce for extra flavor and nutrition!