



BAKED ZUCCHINI PATTIES

PREP TIME: 15 MINUTES **BAKE TIME:** 30 MINUTES **TOTAL TIME:** 45 MINUTES

Ingredients

- 2 cups grated zucchini (~3 medium zucchini)
- 1 finely chopped red pepper
- 2 tbsp finely chopped onion
- 1 cup panko bread crumbs or bread crumbs of choice
- 1 tbsp of cheese of choice
- 2 large eggs
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp black pepper or other seasonings of choice

Topping Options:

- Cashew onion dip
- Sour cream
- Hummus
- White bean dip
- Chives

Directions

1. Preheat oven to 350° & then grease the baking sheet with olive oil
2. Wash & chop the onion & red pepper
3. Wash & grate the zucchini. Dry the grated zucchini well with paper towel
4. In a medium bowl, mix together all ingredients
5. Using a tablespoon, scoop & form each patty
6. Bake for ~20 minutes, flipping the patties half way
7. Enjoy with your favourite toppings or dips

Infant tip: Chop the onion & red pepper finely. Form the patty into logs for easy grasping. Omit the salt & pepper depending on age

Enjoy!!

