



## June 30- Zucchini Pancakes

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/zucchini-pancakes>

### Recipe

*Ingredients:*

- 2 cups grated zucchini
- 1 Tablespoon finely chopped onion
- 1 egg
- 1 ½ Tablespoon flour
- 1 Tablespoon parmesan cheese
- ¼ teaspoon minced parsley
- ½ teaspoon garlic powder
- 1 Tablespoon olive oil

*Directions:*

1. Grate zucchini and mix with the other ingredients, except the oil. Blend well.
2. Form the mixture into patties 3-4 inches in diameter.
3. Heat the oil. Cook pancakes for 3-4 minutes per side. Remove and drain on paper towels.

Yield 2 servings

### Nutrition Facts

Serving Size 1/2 recipe (158.81g)  
Servings Per Container 2

#### Amount Per Serving

**Calories** 150      **Calories from Fat** 90

**% Daily Value\***

**Total Fat** 10g      **16%**

Saturated Fat 2.5g      **11%**

Trans Fat 0g

**Cholesterol** 95mg      **32%**

**Sodium** 85mg      **3%**

**Total Carbohydrate** 9g      **3%**

Dietary Fiber 2g      **8%**

Sugars 3g

**Protein** 6g      **13%**

Vitamin A 8%

Vitamin C 35%

Calcium 6%

Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet.