

Zucchini Bites

Recipe Type: Snack

Serves: 6

Prep Time: 15 minutes

Cooking Time: 15-20 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 2 eggs, beaten in a large bowl
- 2 C zucchini, shredded
- ¼ C onion, chopped
- ½ C low-fat shredded cheddar cheese
- ½ C bread crumbs
- ¼ C fresh parsley, chopped
- ½ t garlic powder
- Cooking Spray



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Preheat the oven to 400°F.
3. Put the zucchini, onion, cheese, bread crumbs, parsley, and garlic powder in the large bowl with the eggs. Mix well.
4. Lightly spray a cookie sheet with cooking spray.
5. Place tablespoon size scoops of the mixture 1 inch apart on the cookie sheet.
6. Bake for 18-20 minutes until the top is golden brown.

Note: You can use a muffin pan instead of a cookie sheet.

Nutrition Facts

Serving Size 4 zucchini bites

Amount Per Serving

Calories 110

Calories from Fat 50

%Daily Value*

Total Fat 5 g **8%**

Saturated Fat 2.5 g **13%**

Trans Fat 0 g

Cholesterol 100 mg **33%**

Sodium 170 mg **7%**

Total Carbohydrate 7 g **2%**

Dietary Fiber 1 g **4%**

Sugars 3 g

Protein 9 g

Vitamin C 30%

Calcium 20%

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

FK= 5.1

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