

# Zucchini Patties

*This recipe makes 12-14 patties*



## Ingredients

2 **cups** grated zucchini  
2 eggs, beaten  
½ **cup** flour  
½ **cup** grated parmesan cheese  
½ **cup** shredded mozzarella cheese  
¼ **cup** onion, chopped  
Salt to taste

## Directions:

1. Beat the eggs in a mixing bowl.
2. Add zucchini, flour, cheeses, onion, and salt to the bowl and stir until well combined
3. Preheat indoor countertop grill
4. Scoop rounded tablespoonfuls of the mixture into blobs on the grill. Aim for patties about 2 ½ - 3 inches diameter after flattening in the grill. Close and grill for about 3 minutes. Flip and grill for 3 minutes more.
5. Freeze until frozen solid
6. Freeze dry (my cycle time was 24 hours)
7. Store in mylar bags

## Rehydration:

These are great eaten as a hard cracker! To rehydrate, place in very wet paper towels and let rehydrate for 8-24 hours. Reheat on a grill or in a frying pan with a little oil. Don't rush rehydrating by flooding with water or they will turn to mush.

## Notes:

Every gardener eventually finds themselves with an abundance of zucchini! This recipe is a delicious way to put it to good use. You can also make it with freeze-dried zucchini—just be sure to rehydrate it separately before incorporating it into the mix.

## Nutritional Value Per 1 patty

Calories: 59 Protein: 4 g Fat: 3 g Carbohydrates: 4 g Sugar: 0.5 g Fiber: 0.5 g