



## ZUCCHINI CAKES

SUBMITTED BY: JOHN WOODLAND

### **Ingredients:**

Makes 18 small cakes

3 cups shredded zucchini from the garden

1 cup shredded carrot purchased as part of first week challenge

2 cups shredded cheddar cheese local - purchased at Good Food Store from source in the Bitterroot

1 cup all purpose flour

1 TBS salt

2 tsp garlic powder

3 large eggs from our chickens

2 cups panko bread crumbs

canola oil for frying

### **Instructions:**

Add the zucchini, carrot and cheese to a large bowl and toss together until well mixed.

Add the flour, salt and garlic powder and toss until combined.

Mix the eggs together with a fork and add to the mixture in the bowl. Gently mix together with your hands until well combined.

Place the panko in a bowl or on a plate.

Heat about 1/2" of oil in a large pan over medium high heat.

Drop the zucchini mixture in small balls – I used a large cookie scoop – into the panko.

Coat with the panko and then press into a disc.

Set the zucchini cakes aside until they are ready to fry

When the oil is hot add the cakes to the pan – don't over crowd.

Fry the cakes until they are nicely browned and turn over to cook on the other side.

Remove to a paper towel to drain. Keep warm until ready to serve

I served them on lettuce with some French dressing. Obviously there are a myriad of ways that these could be eaten. I may or may not have just eaten one plain.

