



I can hear what you are saying, “here she goes again with the zucchini”. With our abundance of zucchini, I am always looking at ways to use it – short of hiding it in random cars in parking lots. I made a small batch of these the other day tweaking several recipes I found. If you are not vegan perhaps some parmesan cheese added to the batter would be good-I did see that in several versions.

Zucchini Bites – makes about 25

2 Cups shredded zucchini drained well (I wrap it in a dish towel and let it sit for an hour or so)
2 cloves garlic, minced fine or grated
2/3 cup unflavored breadcrumbs
2 eggs lightly beaten with a fork
½ Cup minced herbs (I used a combination of chives, basil parsley, oregano)
Salt and fresh ground pepper to taste
1 Tablespoon nutritional yeast (optional)

Tomato sauce for dipping

Heat oven to 400 degrees and lightly grease a baking sheet.

Mix the shredded zucchini, garlic, egg, crumbs, nutritional yeast (if using), herbs and salt and pepper in a mixing bowl. Mix well to combine.

Shape 1 tablespoon of the mixture into balls and place on baking sheets.

Bake about 18 minutes until browned.

Serve warm with tomato sauce for dipping.

These can be frozen (freeze on a sheet till hard then put in bags) and reheated.

Enjoy