ZUCCHINI FRITTERS

INGREDIENTS:

4 CUPS	ZUCCHINI, SHREDDED, DRAINED
½ TEASPOON	GROUND BLACK PEPPER
1 TEASPOON	SALT
1 TABLESPOON	FLAX, GROUND
3 TABLESPOONS	WATER, WARM (~90 DEGREES)
¼ CUP	ONION, MINCED
½ CUP	RICE FLOUR
½ CUP	WHITE QUINOA, COOKED
1 TABLESPOON	GARLIC, MINCED
2 TABLESPOONS	PARSLEY, MINCED
2 TABLESPOONS	NUTRITIONAL YEAST

METHOD:

- Preheat oven to 400 degrees.
- In a small bowl, mix together ground flax and warm water, set aside.
- Place shredded zucchini in cheese cloth and squeeze excess water out. Spend time here eliminating excess water content. (About 1 cup of water should come out.) *Then measure for recipe*
- Combine zucchini, black pepper, salt, flax/water mixture, onion, rice flour, quinoa, garlic, nutritional yeast and parsley. Mix well.
- Scoop into ¼ cup cakes. Shape into a thick round, similar to a crab cake.
- Lightly spray sheet tray with non-stick spray, place rounded cakes on tray.
- Bake for 15-17 minutes or until crispy.

Servings: 9
Serving Size: ½ cup
Calories: 70
Fat: 1 gm **Sodium:** 220 mg **Carbohydrates:** 12 gm **Protein:** 3 gm **Fiber:** 2 gm