



Garden Vegetable Cakes

Ingredients

- 1/4 cup grated Parmesan Cheese
- 1/3 cup all purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon dill weed
- 1/4 teaspoon salt & pepper (optional)
- 4 eggs (or 1 cup egg substitute)
- 2 Tablespoons minced green onion with tops
- 2 teaspoons lemon juice
- 1 clove garlic or 1/4 teaspoon garlic powder
- 1 1/2 cups shredded vegetables (unpeeled zucchini (drained and pressed), potato, carrots, bell pepper, celery, sweet potato or yam)
- Non stick cooking spray

Nutrition Facts

Serving size:	2 cakes
Servings per container:	4
Calories.....	150
Fat.....	6g
Saturated fat.....	2g
Cholesterol.....	170mg
Sodium.....	370mg
Carbohydrate.....	15g
Fiber.....	1g
Protein.....	9g
Calcium.....	130mg
Iron.....	2mg
Vitamin C.....	6mg

Recipe provided by:
Food Hero, Oregon
State University
Extension,
foodhero.org

Directions Wash hands and all food preparation surfaces.

1. Wash all vegetables being used.
2. Shred vegetables using a grater.
3. In a medium bowl, stir together cheese, flour, baking powder, dill weed, salt and pepper.
4. Beat in eggs, green onions, lemon juice and garlic until well blended. Stir all shredded vegetables into the batter.
5. Heat skillet or griddle over medium-high heat (350 degrees in an electric skillet). Lightly spray or oil with cooking spray. For each vegetable cake, pour 1/3 cup batter onto hot skillet or griddle. Cook on both sides until golden brown. Serve warm
6. Refrigerate leftovers within 2 hours.

Notes

1. Top with low-fat sour cream and tomato slices
2. Precook “harder” vegetables like carrots and potatoes if desired.

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