

ZUCCHINI CAKES

- 3 Tbsp reduced fat margarine, divided
- 2 Tbsp red onion, finely chopped
- 1 medium zucchini
- ½ medium baking potato, peeled
- ¼ cup egg substitute
- 1½ Tbsp dry bread crumbs
- 1 tsp fresh dill, chopped
- pinch pepper

Melt 1 ½ tsp margarine in a large skillet. Add onion and cook until tender. Shred zucchini and potato with grater. Squeeze dry in a paper towel. Combine onion, zucchini, potato, egg substitute, breadcrumbs, dill and pepper in a medium bowl. Melt remaining margarine in a large nonstick skillet. Drop 4 heaping ¼ cupfuls of mixture into skillet; flatten. Cook 10 minutes or until lightly browned turning once.

Makes 2 servings.

Per serving:

111 calories, 3 g fat, 17g carbohydrate,
1 g fiber, 5 g protein, 123 mg sodium.

Marquette General Hospital



A partnership between the
**Heart Institute &
Diabetes Education**
at Marquette General

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