

Zucchini Pancakes

eatrealfoodacademy.com



Serves: 3

Ingredients:

1 medium zucchini, julienned
1/4 tsp sea salt
1 egg
1/4 cup parmesan cheese
sea salt and pepper to taste
3 tbsp butter or coconut oil

Preparation:

Use a mandolin or grater to julienne the zucchini. If you don't have one of these tools, chop zucchini into fine strips. Sprinkle with sea salt and let it sit in a strainer for 30 minutes. If you prefer crispy patties, press out as much liquid as you can with a paper towel.

Add the remaining ingredients (except butter/coconut oil) to the zucchini and mix together.

Form into patties, about 3" diameter and 1/2" thick.

Heat butter or coconut oil in frying pan over medium heat.

Cook ~6-8 minutes per side or until golden brown.

Add more butter/oil to the pan between batches to prevent sticking.