

## Zucchini Patties

Ingredients:

1 tomato, chopped

1 green pepper, chopped (optional)

1/2 chopped medium onion

2 cloves of garlic, chopped fine (or 1/2 to 1 tsp. garlic powder)

1 medium zucchini, shredded

1 egg (beaten)

1 cup flour

salt and pepper, or other favorite seasoning, to taste

Saute tomato, green pepper, onion, and garlic. Set aside. Shred zucchini and add beaten egg. Mix well. Form a small patty in your hand, adding a little flour at a time until the zucchini and egg mixture is no longer sticky. Place in skillet and fry (with Pam Cooking Spray). Fry on one side for several minutes, then turn over. Spoon sauteed mixture on top of zucchini patty. Repeat until 4 patties are made. Sprinkle with parmesan cheese (optional) and serve warm.

Total servings = 4

Points per serving = 2.4

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))