



Zucchini Hash Browns

Ingredients:

- 3 medium zucchini, shredded
- ½ sweet onion, diced
- 1 clove garlic, minced
- ¼ cup parsley, finely chopped
- 2 eggs
- 1/3 cup grated parmesan cheese
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon olive oil

Instructions:

1. In a large bowl, combine shredded zucchini, onion, garlic and parsley.
2. Beat the eggs in a small bowl. Add eggs, cheese, salt and pepper to large bowl with zucchini mixture, stirring until combined
3. Using your hands or measuring cup, scoop out zucchini mixture and form into 6 patties.
4. Heat frying pan over medium high heat and coat with olive oil. Place the patties on the skillet and let cook for 3-4 minutes on each side or until each side turns light brown.

Variations:

- Serve with light sour cream or ketchup.
- Use sweet potatoes or yellow squash instead of zucchini.

Prep Time: 15 minutes

Cooking Time: 6-8 minutes

Equipment:

large bowl
large spoon
small bowl
whisk
non-stick frying pan
measuring cups and spoons

Servings: 6

Serving size: 2 patties



Nutrition Facts: 100 Calories, 6 g Fat, 2.5 g Saturated Fat, 6 g Carbohydrates, 6 g Protein, 1 g Fiber, 4 g Sugar, 350 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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