

ZUCCHINI LATKE



	Ingredients	Exchanges
Protein	12 gm fresh whole egg	0.8 (-0.8 gm fat)
	9 gm Bob's Red Mill® soy flour	2.9 (+1.45 gm fat)
Fat	20 gm butter, softened	4
	10.7 gm mayonnaise	2 (+0.65 gm)
Carbohydrate	28.5 gm raw zucchini, chopped	1.3
Other	Salt, pepper, garlic powder, and onion powder	
	Sour cream dollop (up to 15 gm)	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Using a food processor, chop the raw zucchini until shredded (do not puree).
- Weigh the ingredients using a gram scale.
- In a small bowl, combine chopped zucchini, soy flour, raw egg, and mayonnaise.
- Sprinkle with dry seasonings.
- Grease a small pan with nonstick cooking spray.
- Pour the batter into the greased pan forming one large circle or multiple small circles.
- Cook over medium heat until golden brown.
- Gently flip using a spatula and cook the other side for 3-4 minutes until golden brown.
- Transfer to serving dish and top with butter and optional sour cream dollop.

VARIATIONS

- Other large volume vegetables can be used such as carrot, cauliflower, spaghetti squash, or broccoli.
- Adjust the butter on top as needed according to personal meal plan.
- Other dry seasonings can be added such as paprika, dry mustard, or chili powder.
- Smart Balance can be used in place of butter by adjusting to the correct gram amount.