

CDC Recipes: Delicious Zucchini Latkes



Ingredients

- 2 medium zucchini
- 1/2 cup green onion
- 2 large eggs
- 2 tablespoons all-purpose white flour
- 2 tablespoons olive oil

Preparation

1. Grate zucchini and chop green onion.
2. In a medium bowl, beat eggs and add flour, mixing well.
3. Add the zucchini and green onion and stir into the flour/egg mixture until well mixed.
4. Add olive oil to a frying pan and heat. Drop a spoonful of the mixture into the oil, making 16 equal portions.
5. Using a spatula, flatten the latkes and fry until brown on both sides.
6. Drain on a paper towel to soak up extra oil.
7. Serve hot and enjoy!

Details

Serving size

Serving size: 4 latkes

Portions

4

- Calories 102
- Protein 5 g
- Carbohydrates 7 g
- Fat 6 g
- Cholesterol 106 mg
- Sodium 46 mg
- Potassium 322 mg
- Phosphorus 95 mg
- Calcium 33 mg
- Fiber 1.5 g