



## Zucchini Grilled Cheese

A healthier alternative to your everyday grill cheese.

<u>U.S.</u>		<u>Metric</u>
2 cup	Zucchini, grated, packed	226 g
1/4 tsp	Salt	1 g
1 each	Egg	1 each
1/2 cup	Parmesan, fresh, grated	57 g
1/4 cup	Whole Wheat Breadcrumbs	57 g
1 each	Scallion, thinly sliced	1 each
1/4 cup	Cornstarch	28 g
to taste	Black pepper, ground	to taste
As needed	Pan spray, olive oil	As needed
1/3 cup	Low-fat shredded cheddar cheese	57 g

### Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 425°F (220 °C).
3. Grate zucchini and place in a medium bowl. Sprinkle salt over the shredded zucchini and mix. Let sit for 5 to 10 minutes. remove excess liquid using a cheesecloth or clean kitchen towel.
4. Remove zucchini from the bowl and put onto cheesecloth or a clean kitchen towel. Squeeze out as much excess moisture as possible.
5. In a medium bowl combine, zucchini, egg, parmesan cheese, breadcrumbs, scallion, cornstarch, and pepper. Mix well using a rubber spatula.
6. Line a baking sheet with parchment paper and spray with pan spray oil.
7. Using a 1/4 cup measuring cup, lay out measured piles onto the parchment and then pat them down into 4" squares about a quarter of an inch in thickness.
8. Bake the patties for 15 minutes or until golden brown flip to other side and bake for another 5 minutes.
9. Add about a tablespoon and a half of shredded cheddar to one patty. Top with other patty to form a sandwich. Enjoy!

**\*\*Nutrition Facts on Reverse**

## Nutrition Facts

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3 Servings

**Serving size** 1 sandwich

**Amount per serving** 4 ounces

**Calories** 250

Calories from Fat 100

**Total Fat** 11 g

Saturated Fat 5 g

Trans Fat 0 g

Monounsaturated Fat 4 g

**Cholesterol** 85 mg

**Sodium** 490 mg

**Total Carbohydrate** 22 g

Dietary Fiber 2 g

Total Sugars 2 g

Includes 0 g Added Sugars

**Protein** 14 g

Vitamin D 1 %

Calcium 35 %

Iron 4 %

Potassium 348 mg

Phosphorus 267 mg