



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Zucchini Pancakes

Adapted from Ina Garten

2 medium or 3 small zucchini (about 1 to 1¼ pounds), grated
2 tablespoons minced onion or shallot
2 large eggs
½ cup all-purpose flour
1 teaspoon baking powder
½ teaspoon kosher salt
½ teaspoon black pepper
2 to 3 tablespoons canola oil, divided

Instructions:

Set the oven to 300 degrees.

In a large bowl, add the zucchini, onion (or shallot), and eggs; whisk with a fork until combined. Stir in flour, baking powder, salt, and pepper.

Heat a large sauté pan over medium heat and add a tablespoon of oil.

To make a pancake, spoon about 2 tablespoons of batter onto the pan. (If the batter sizzles when it is dropped into the oil, the pan is ready.) Repeat with additional batter—you should be able to fit about 3 pancakes at a time.

Cook until the pancakes are golden brown underneath and the sides have started to set (about 2 to 3 minutes). Flip each pancake and cook another two minutes or so, until cooked throughout and golden brown on both sides.

Repeat with the remaining batter, adding half to one tablespoon of oil for each batch. Keep the pancakes warm on a baking sheet in the oven until ready to serve.

Notes:

- If the undersides are browning too quickly, lower the heat slightly to medium-low.
- The nutrition information was calculated using 2½ tablespoons of canola oil.

Yield: 10 pancakes (2 pancakes per serving)



NUTRITION INFORMATION PER SERVING:

CALORIES: 160 calories

PROTEIN: 5 g

SODIUM: 370 mg

CARBOHYDRATE: 14 g

FIBER: 2 g

FAT: 10 g

SAT FAT: 1 g