

Zucchini Cakes

- 2 cups shredded zucchini
- 1/2 cup panko bread crumbs
- 1 beaten egg
- 1/2 teaspoon minced garlic
- 1/2 teaspoon salt
- 1/2 teaspoon onion powder
- 1/8 teaspoon pepper



1. Squeeze as much moisture out of shredded zucchini as you can using a clean dish towel.
2. Combine all the other ingredients in a medium sized bowl, stir gently to combine.
3. Add zucchini and mix well, using hands if desired. Form into equal sized balls. Make 12 golf ball sized balls for appetizers and larger for meal side dish.
4. Preheat your Blackstone or cast-iron pan on low-medium low heat.
5. Squirt a little oil on the Blackstone and place the zucchini balls on the griddle. Use a large spatula to smash the balls down, smash burger style. You can use a piece of parchment if you'd like or have a little oil on the back of the spatula to prevent sticking.
6. Cook until nicely browned, 2 to 3 minutes. Flip and cook until done.
7. Serve with dipping sauce as an appetizer or as a side dish.
8. Tightly wrap any leftovers in foil or plastic wrap.
9. ENJOY!