

Zucchini “Crab” Cakes

Serving Size: 3 each

Makes 7 servings

Ingredients:

5 lbs.	Zucchini, fresh
2 ½ tsp	Kosher Salt
2 each	Eggs
1 TBSP	Dijon Mustard
¼ cup	Parsley, fresh, chopped
2 ½ tsp	Soy Sauce, lower sodium
2 ½ tsp	Old Bay Seasoning
2 1/3 cups	Panko Breadcrumbs
¼ cup	Light Mayonnaise
2 TBSP	Canola Oil

Preparation:

1. Trim ends of zucchini, then peel. Use a box grater to grate outer parts of zucchini (discard inner part of zucchini with seeds or use for another recipe such as soup, etc.)
2. Toss shredded zucchini with salt. Place zucchini in a fine mesh strainer. Allow to sit with salt for 30 minutes. Squeeze out excess water.
3. In a bowl, combine zucchini, eggs, Dijon mustard, parsley, soy sauce, old bay, panko breadcrumbs and light mayo.
4. Allow mixture to sit in fridge for 30 minutes.
5. Form into 1.5 oz. wt. cakes.
6. Heat oil on medium in a non-stick pan. Sear cakes until golden brown. Cook until an internal temp of 155°F is reached (finish in the oven if necessary).

NUTRITION FACTS PER SERVING

calories	160
total fat (g)	10
saturated fat (g)	1.5
trans fat (g)	0
sodium (mg)	1120
total carbohydrate (g)	13
dietary fiber (g)	2
sugar (g)	4
protein (g)	5



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