

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Savory Zucchini Pancakes w/ Garden Herbs

Garnish Savory Zucchini Pancakes with a dollop of sour cream or yoghurt and even a spoonful of salsa or pesto. Use both yellow and green varieties of summer squash for more colorful pancakes.

Yield: 12 Cakes (3-4 servings)

Active time: 30 minutes

Total time: 1 hour

5 cups coarsely grated zucchini

½ teaspoon salt

1 clove garlic

1 cup fresh parsley

¾ cup fresh basil

1 tablespoon fresh thyme

1 cup bread crumbs from fresh bread

½ cup thinly sliced green onions (both white and green parts)

2 tablespoons capers, drained

½ teaspoon sea salt

Dozen twists freshly ground pepper

2 eggs

Olive oil for cooking

Optional garnishes

Sour cream, yoghurt, [pesto](#), salsa

Preheat the oven to 175 degrees F. Put a cookie sheet in the oven.

Place the grated zucchini in a colander and toss with ½ teaspoon of salt. Let it sit while you prepare the rest of the ingredients.

Turn on your food processor. Drop the garlic through the feed tube to finely chop it. Add the parsley, basil and thyme and process till finely chopped. Add the bread crumbs, salt and pepper. Use the pulse button to evenly mix them in with the herbs. Place the mixture in a medium-size bowl. Stir in the sliced scallions and drained capers.

Using your hands, squeeze as much moisture as you can from the zucchini. Stir the zucchini in with the herb mixture. (Note: My husband suggests saving and drinking the zucchini liquid as a refreshing beverage.) Taste for seasoning and adjust the salt and pepper accordingly. Just before you are ready to cook the cakes, beat together the eggs and stir them into the mixture.

Place a large skillet or griddle over medium high heat. Lightly coat the surface with olive oil. Drop ¼ cup portions of the zucchini mixture in the pan pressing each pancake lightly till about 3 inches across. Cook 3 minutes until golden. Carefully turn cakes over and cook the other side another 2 minutes.

Keep the cooked Savory Zucchini Pancakes warm on the cookie sheet in the preheated oven until you have finished cooking all the pancakes.

Serve topped with one or more of the optional garnishes.