



# ShopRite



## KIDZ COOK

### Recipe of the Week!

**TAKE ONE HOME AND TRY IT YOURSELF!**

#### Zucchini Pancakes

**Kid Chef Sakari Clendinen, Age 8, Virgin Islands**

##### ZUCCHINI PANCAKE INGREDIENTS

- 2 medium zucchinis, trimmed and grated
- 1/2 cup fat-free plain Greekstyle yogurt
- 3 ounces cream cheese
- 1 large egg plus 2 large egg whites
- 1 clove garlic, minced
- 1/3 cup whole wheat pastry flour
- 1/4 cup Parmesan
- Freshly ground black pepper
- Pinch of Salt
- 2 tablespoons oil

##### ZUCCHINI PANCAKE DIRECTIONS:

1. In colander, combine grated zucchini with pinch of salt. Let sit for 15 minutes. Wrap zucchini in paper towels and wring out any excess liquid.
2. In small bowl, stir together the yogurt and cream cheese.
3. In large bowl, beat egg, egg whites, garlic. Fold in flour and Parmesan, season with pepper. Add zucchini and stir just until combined.
4. In large sauté pan over moderate heat, warm the oil. Spoon 1 heaping Tbsp batter into pan and cook until golden brown, 2 to 3 minutes per side. Continue with rest of batter, covering finished pancakes. Serve pancakes with a dollop of the yogurt and cream cheese mixture.



Source: *Healthy Lunchtime Challenge Cookbook* compiled by the Let's Move Initiative

**Enjoy!**

