

Zucchini Waffles

Servings: 2

RECIPE BOX

INGREDIENTS

2 CUPS SHREDDED ZUCCHINI (roughly 2)
1 LARGE EGG
¼ CUP MILK
½ GRATED PARMESAN
¼ CUP ALL PURPOSE FLOUR
¼ UP WHOLE WHEAT FLOUR
NEUTRAL OIL OR NONSTICK COOKING
SPRAY
SALT/PEPPER



DIRECTIONS:

STEP 1: Place zucchini in a colander and sprinkle with salt. Let sit for about 30 minutes, rinse with cold water and press out as much as possible. Blot dry.

STEP 2: Preheat waffle iron to lowest heat setting. In a large bowl, whisk together egg, milk, and ¼ cup of Parmesan cheese.

STEP 3: In a small bowl, combine flour with ¼ tsp salt, ¼ tsp pepper. Mix into large bowl, add zucchini – toss until combined.

STEP 4: Coat waffle iron with nonstick cooking spray. Place rounded tablespoons of batter into the waffle iron. Cook about 3-5 minutes or until slightly brown.

STEP 5: Serve topped with remaining Parmesan cheese. Enjoy!

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 427, Total Fat 3g, Carbs 83g, Protein 22g, Fiber 16g, Sugars 8g.

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