

Zucchini Bread Recipes

Easy Zucchini Patties Recipe

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Patties

- [ ] 2 medium zucchini, grated (about 3 cups)
- [ ] 1/2 teaspoon salt
- [ ] 1 large egg, lightly beaten
- [ ] 1/2 cup breadcrumbs (plain or gluten-free)
- [ ] 1/4 cup finely minced onion
- [ ] 1 clove garlic, minced
- [ ] 2 tablespoons chopped fresh parsley or dill
- [ ] 1/4 teaspoon black pepper
- [ ] 2-3 tablespoons olive oil or avocado oil, for frying

For Serving (Optional)

- [ ] Greek yogurt or sour cream
- [ ] Lemon wedges
- [ ] Fresh herbs for garnish

Instructions

1. Place the grated zucchini in a colander set over a bowl or in the sink. Sprinkle with the 1/2 teaspoon of salt and toss to combine. Let it sit for about 10 minutes. This draws out the water. Then, take handfuls of the zucchini and squeeze firmly over the sink to remove as much liquid as possible. Honestly, this is the most important step – you'll be amazed how much water comes out.

2. Transfer the squeezed-dry zucchini to a medium bowl. Add the beaten egg, breadcrumbs, minced onion, garlic, herbs, and pepper. Mix everything together until it's well combined. Let the mixture sit for 5 minutes so the breadcrumbs can absorb any remaining moisture.

3. Heat the oil in a large non-stick skillet over medium heat. While the oil heats, form the mixture into patties, about 1/4 cup each, and gently flatten them to about 1/2-inch thick. Dang, don't make them too thick or the middle won't cook through.

4. Carefully place the patties in the hot skillet. You'll probably need to work in batches to avoid crowding the pan. Cook for 3-4 minutes on the first side, until deeply golden brown and crisp.

5. Gently flip the patties and cook for another 3-4 minutes on the second side, until golden brown and cooked through. Transfer them to a plate lined with a paper towel to drain any excess oil.

6. Serve the patties warm, with a squeeze of lemon juice or a dollop of Greek yogurt if you like. Wow, they're so good when they're fresh and hot from the pan.

Nutrition per serving

145 kcal	6 g	12 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- Salting and squeezing the zucchini is crucial for the right texture.
- If the mixture is too wet to form patties, add more breadcrumbs a tablespoon at a time.
- These are best eaten right away, but leftovers reheat well in a skillet or toaster oven.