

ZUCCHINI NIBBLES



Ingredients

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|-------------------------|-----------------------------------|------------------------------------|
| 2 Cups Zucchini, Grated | 4 Ounces Cheddar Cheese, Shredded | ¼ Teaspoon Pepper |
| 2 Eggs, Whisked | ½ Cup Panko Breadcrumbs | 2 Cups Spaghetti Sauce for Dipping |
| ½ Cup Onion, Diced | ½ Teaspoon Salt | |
| 1 Clove Garlic, Minced | | |

Directions

1. Preheat oven to 400°F and grease a mini muffin tin.
2. Season the zucchini with a pinch of salt and place in the middle of a thin kitchen towel. Pat dry to absorb all liquid, wring it out and transfer to a large bowl.
3. To the shredded zucchini, add the egg, onion, garlic, cheese, panko breadcrumbs, salt, and pepper. Stir till evenly combined.
4. Scoop the mixture into the mini muffin tin, filling each of the 24 wells with about 1½ tablespoons of mix.
5. Bake for 15-18 minutes, or until golden. Allow the zucchini nibbles to cool slightly before transferring to a wire rack to cool.

YIELD:
24 NIBBLES

Crediting

Provides a Grain/Bread and Meat/Meat Alternate at Snack:

<u>Toddler</u>	<u>Preschool</u>	<u>School Age</u>	<u>Adult</u>
4 Nibbles + ¼ Cup Sauce	4 Nibbles + ¼ Cup Sauce	6 Nibbles + ½ Cup Sauce	4 Nibbles + ¼ Cup Sauce