

## Zucchini Patties

2 medium zucchini, grated

½ cup fresh grated parmesan cheese

2 cup Monterey Jack Cheese

4 eggs

1 tube Ritz crackers (reduced fat or whole wheat)  
crushed into crumbs in bag

1 tsp. onion powder or 1 small diced onion

Dip:

Crush 1 tube Ritz crackers set up on paper plate

Mix ingredients. Form into patties in palm of hand. Gently dip in cracker crumbs on both sides. Fry in canola oil until golden brown on each side. Serve with a green vegetable on side such as green beans or broccoli.

You can substitute cheeses with what you have at home.