



Mini Zucchini Cheese Bites

Source: *Cooking with Extension Cookbook* | **Yield:** 12 servings; 27 Calories per serving.
 Total fat 2g; Protein 2g; Total carbohydrate 1g; Dietary fiber 0g

INGREDIENTS:

- 2 cups grated zucchini (about 1 medium)*
- 1 egg
- ½ cup grated parmesan cheese
- ¼ cup chopped cilantro
- salt & pepper (optional)

*Use a food processor to grate the zucchini, then squeeze out the excess water in a paper towel or clean cloth.

DIRECTIONS:

1. Preheat oven to 400°F.
2. Spray a mini muffin pan with nonstick cooking spray.
3. In a bowl, mix the zucchini, egg, cheese and cilantro. You do not have to add any salt or pepper since the parmesan is salty enough.
4. Evenly divide the mixture into the mini muffin pan, filling to the top, packed down in each cup.
5. Bake for 15-18 minutes until golden brown around the edges.