

## ZUCCHINI CAKES W/ CHUTNEY

from **Flat Belly Diet** cookbook

(serves 4)

### Ingredients

- 2 lbs shredded **zucchini**
- 6 **scallions**, thinly sliced (or onion)
- 1 **egg**
- 1 tsp **ground fennel**
- ½ tsp **salt**
- ½ tsp **pepper**
- ½ cup **flour**
- ¼ cup grated **Romano cheese**
- ¼ cup **canola oil**, divided
- ½ cup **mango chutney**, prepared or store-bought

### Preparation

- 1.** Place zucchini and scallions in a large, cold, non-stick skillet and set over medium-high heat. Cook, tossing frequently for 5 minutes or until the zucchini give off some, if any, liquid. Transfer to a colander and drain, pressing with the back of spoon to squeeze of extra water. Transfer to a mixing bowl. Allow to cool to room temp. Wipe out the skillet.
- 2.** Wisk the egg, fennel, salt and pepper in a small bowl. Add the flour and cheese to the zucchini mixture. Toss. Add the egg mixture and toss again.
- 3.** Heat 2 Tbsp of oil in the same skillet over medium-high heat for about 1 minute, until sizzling. Place the zucchini mixture in 8 mounds in the pan (you may not fit all 8 at once). Flatten the mounds slightly with a spatula and cook for about 3 minutes or until well browned on the bottom. Carefully turn the cakes over and cook, reducing heat if needed, until well browned and cooked through. Remove to a platter. Repeat with remaining oil and zucchini mixture.
- 4.** Serve cakes with chutney on the side.