

Vegetable Patties

½ cup defatted soy flour
½ cup corn meal
½ cup all-purpose flour
1 tsp. baking powder
2 Tbsp. oil
1 egg, beaten (optional)
⅓ cup soy milk or milk
2½ cups grated zucchini
½ cup grated carrots
½ cup minced yellow or green onions
1 clove minced garlic
¼ tsp. pepper
¾ tsp. salt
Flour for dredging
½ Tbsp. oil for frying

In a small bowl, mix the soy flour, corn meal, all-purpose flour, and baking powder. Set aside.

Combine 2 tablespoons oil, egg (optional), zucchini, carrots, onion, garlic, and pepper, and set aside.

Stir flour mixture into zucchini mixture.

Shape mixture into patties (use 2 Tbsp. of the mixture for each sample sized patty for workshop, ¼ cup for **2 ½" sized patty**) and dredge each patty in flour.

Heat a little oil in the bottom of a frying pan over medium-high heat. Cook the patties in the oil until the bottom is a golden brown, about 3 to 4 minutes. Flip the patties and brown the other side.

Makes 24 (2½ inch) patties, 2 patties per serving

Nutrition Facts per Serving: 130 Kcal, 5 g Fat, 17 g Carbohydrate, 5 g Protein, 2 g fiber, 0 mg Cholesterol, 190 mg sodium.

Nutrition Facts per Serving replacing soy flour with corn meal and wheat flour: 140 Kcal, 5 g Fat, 20 g Carbohydrate, 3 g Protein, 13 g fiber, 0 mg Cholesterol, 190 mg Sodium.