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## Zucchini Rounds

### Ingredients:

- 2/3 cup reduced fat Bisquick \*
- 1/4 cup Parmesan cheese
- 2 large eggs, slightly beaten
- 4 large egg whites, slightly beaten
- 1/2 teaspoon garlic powder
- 2 medium zucchini, grated (approximately 4cups)
- vegetable oil spray

*Makes 8 servings - 28% calories from fat*

### Instructions:

1. Spray non-stick skillet with cooking spray.
2. In a large bowl mix Bisquick, cheese, eggs, egg whites, garlic powder and grated zucchini together.
3. Cook rounds by dropping 2 Tablespoons of zucchini mixture onto heated skillet. (Cooking as many as will fit in pan.)
4. Brown first side then flip and brown other side removing from pan when thoroughly cooked.
5. Repeat steps 3 and 4 with remaining mixture.

### Note:

- Top zucchini rounds with lite sour cream, spaghetti sauce or applesauce.

Nutrition Facts	
Serving Size 4 rounds	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein 6g</b>	
Vitamin A 4%	• Vitamin C 15%
Calcium 6%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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