Zucchini Cakes

Prep: 30 minutes
Cook: 5 minutes • Serves: 4

Lemon-Chive Sauce
½   cup plain yogurt or sour cream
2   tablespoons chopped fresh chives
2   teaspoons fresh lemon juice
⅛   teaspoon salt

Zucchini Cakes
1   pound zucchini (about 2 medium), trimmed
1   teaspoon salt
1   large egg
½   cup all-purpose flour
¼   teaspoon ground black pepper
⅔   cup French fried onions
1   tablespoon vegetable or olive oil

1. Prepare Lemon-Chive Sauce: In small bowl, stir together yogurt, chives, lemon juice and salt. Cover and refrigerate until ready to serve.

2. Prepare Zucchini Cakes: With largest holes of box grater, grate zucchini into strainer set over medium bowl. Toss zucchini with salt; let stand 5 minutes. Lightly press zucchini in strainer to remove as much liquid as possible; discard liquid.

3. Meanwhile, in separate medium bowl, with fork, lightly beat egg. Add flour, pepper and zucchini, and stir until well combined; fold in fried onions. Makes about 2 cups.

4. In large nonstick skillet, heat oil over medium heat. Drop zucchini mixture by ¼ cupfuls into skillet to make 8 mounds. With bottom of measuring cup, press zucchini mixture into 3½-inch patties. Cook 5 to 7 minutes or until browned, turning once halfway through cooking. Serve zucchini cakes hot with yogurt sauce.

Approximate nutritional values per serving:
203 Calories, 10g Fat (4g Saturated), 50mg Cholesterol,
774mg Sodium, 21g Carbohydrates, 2g Fiber, 6g Protein