



Summer Squash Patties

Ingredients:

- 4 green onion, chopped (white and green part)
 - 2 Tablespoon canola oil
 - 2 medium yellow summer squash (or zucchini) - grated
 - 2 medium red potatoes - grated
 - 1 cup quick oats
 - 2 eggs substitute (or two eggs)
 - ½ teaspoon sea salt
 - ¼ teaspoon fresh ground black pepper
 - ¼ cup canola oil
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Preparation:

Saute green onions in canola oil over medium heat in a no stick fry pan for about 2 - 3 minutes. Add grated potato and let cook about half way and then add summer squash. In a medium sized clean bowl, add oats, egg substitute, salt and pepper. Mix well. Add squash mixture and blend with a fork.

In a clean fry pan over medium heat, warm the 1/4 cup canola oil. Spoon mixture in and form patties (Let brown 2-3 minutes and turn. Brown other side.