Squash Cakes

Preparation time: 30 minutes  |  Cook time: 15 minutes  |  Serves: around 10

Ingredients

- 2 1/2 cups acorn squash, grated
- 2 stalks of scallions, chopped
- 1/2 teaspoon parsley
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1 egg
- 3 tbsp. flour
- Vegetable oil spray

Directions

1. Cut and peel acorn squash into wedges. Use a food processor to grate the squash. Place squash into a large bowl. If more than 2 1/2 cups are grated, store extra in fridge or alter recipe accordingly.

2. Beat egg in separate bowl until blended. Place chopped scallions into bowl and pour egg into the squash. Mix for about fifteen seconds.

3. Sprinkle in flour, parsley, cayenne pepper, black pepper, and garlic powder into bowl and mix until well blended.

4. Place a large pan on medium heat and spray with vegetable oil. Smooth out 3-4 cakes 1/4 inch thick on the pan and cook for about 3 min. each side or until golden brown. Spray in between rounds and repeat until mixture is gone.

Equipment Needed:

- 2 Skilllets, 2 Spatulas, 2 Mixing Bowls, 1 Mixing Spoon, 1 Food Processor with Shredding Disc, Cutting Board, Knife, Microwave, Plates, Paper Towel, Spoon
Nutrition Facts

4 g

Calories
Calories from Fat

Total Fat
3%

Cholesterol
5%

Sodium
0%

Total Carbohydrates
1%

Dietary Fiber
3%

Protein
0.9g

% Daily Value
• Vitamin C 8%
• Iron 2%

Nutrition Grade A

Based on a 2000 calorie diet