
Zucchini-Tuna Croquettes (Hot)

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Party Recipes from the Charleston Junior League - 1993

Servings: 12

1 onion, grated
1 carrot, grated
1 potato, grated
2 or 3 zucchini (unpeeled), grated
1 can (6-1/2 ounces) white or chunk light tuna, drained and flaked
1 cup matzoh meal
2 eggs
salt (to taste)
freshly ground pepper (to taste)
garlic powder (to taste)
2 tablespoons vegetable oil

In a large bowl, combine the onion, carrot, potato, zucchini, tuna, matzoh meal, eggs, salt, pepper and garlic powder. Stir to combine well.

Heat the oil in a frying pan until hot but not smoking. Drop the zucchini mixture into the oil by teaspoonfuls. Cook over medium heat until the underside is brown, about 5 minutes. Turn the croquettes and brown the other side. Remove and drain on paper towels.

Serve immediately.

Appetizers

Per Serving (excluding unknown items): 90 Calories; 3g Fat (33.5% calories from fat); 2g Protein; 12g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 15mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.