

Zucchini Hash Browns



15 min.



2 servings



PER SERVING
159 CAL
FAT: 11g
CARB: 7.3g
PROTEIN: 8g

E4L

INGREDIENTS

- 2 medium Eggs
- 1 large Zucchini
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 dash Pepper
- 1 dash Salt
- 1 tbsp Olive Oil

DIRECTIONS

1. Slice and steam zucchini until soft on stove top in a little water. Drain when cooked. Heat oil in skillet.
2. Mash zucchini until you have about 1 cup worth and mix it together with slightly beaten eggs, salt, pepper, garlic powder and onion powder.
3. Drop by spoonfuls into the hot skillet.
4. After browning on one side flip and brown the other side.



EAT THIS MUCH