

Zucchini Almond Pancake with Tomato-Pepper Salsa



Sirve:

1

Pieza:

Saladmaster Food Processor
8" Chef's Gourmet Skillet
small mixing bowl
medium mixing bowl

Valora: ★★★★★☆

Contribuido por:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
[Agregar un Comentario](#)

Descripción de la Receta:

Adding more low carbohydrate vegetables into every meal is a good goal for those dealing with diabetes. This recipe uses shredded zucchini. Substitute traditional grain flour for ground almonds or almond flour. Almonds are lo-carb and rich in nutrition and magnesium. Magnesium has been shown to help raise levels of HDL.

1 zucchini, shredded, Cone #1,
1/4 cup
onion, shredded, Cone #1
(40
g)
1 egg
1/4 tsp
pepper, ground
(1/2
g)
1/4 cup
almond flour
(32
g)
1 tsp
parmesan cheese
(2
g)
1 cup
baby arugula greens, washed
(20
g)

Tomato-Pepper Salsa

1

scallion, minced, green and white $\frac{1}{4}$
 part $\frac{1}{4}$
 cup sweet peppers, small (31 g) 1
 dice 1
 cup tomato, ripe, small dice, including all of the (45 g)
 juices
 tsp lemon juice (5 ml) tsp avocado oil (4 ml) **Preparación :**
 pinch of natural pinch of cayenne
 salt pepper

1. Preheat gourmet skillet over medium heat for 7-9 minutes until a sprinkle of water skitters and dissipates.
2. Process zucchini and onion into a mixing bowl that has been lined with cheese cloth or clean cotton dish towel.
3. Gather ends of cloth together into a bundle and twist to squeeze out as much of the water as possible. Discard water and place grated zucchini and onion in mixing bowl.
4. Add egg, onion, pepper, parmesan cheese and almond flour to bowl and stir to combine.
5. Spray gourmet skillet lightly with coconut oil or vegetable oil spray.
6. Place zucchini mixture into preheated skillet to form a pancake. Turn heat to medium –low and cook for 7-10 minutes until golden brown. Use spatula to gently turn pancake over. Cook pancake an additional 7-10 on other side until golden brown.
7. While pancake is cooking, combine scallions, peppers, tomato with any juices, lemon, avocado oil, salt and cayenne in mixing bowl and stir to combine.
8. To Serve: Place zucchini pancake on individual serving dish, top with arugula greens and place tomato-pepper salsa on top.

Consejos:

- Omit Parmesan for a dairy free/vegetarian version
- Substitute arugula for baby salad greens or watercress
- Add in chopped fresh herbs to salsa; cilantro, parsley or fresh basil all add additional flavor without additional sodium.
- Serve this for breakfast, brunch or lunch.

Información nutricional por ración

Calorías: 380
Grasa Total: 12g
Grasa 3g
Saturada:
Colesterol: 187mg
Sodio: 829mg
Carbohidratos: 49g
Azúcar: 10g
Proteína: 22g