

Zucchini CUPS with Light Cucumber Slaw

Jenn Can Cook!

Ingredients:

For Zucchini Cups:

3 cups shredded zucchini
1 egg
½ cup shredded sharp cheddar cheese
Salt and pepper to flavor

For Cucumber Slaw:

1 cucumber chopped
½ cup carrot straws
1 tomato chopped
½ cup celery
¼ tsp sugar
Salt and pepper for flavor
1 tsp white vinegar
2 tbs mayo
1 tbs fresh dill
¼ tsp dried dill

Directions:

To shred zucchini use a cheese grater, food processor or kitchen aid mixer with the proper attachment for shredding. Zucchini is naturally wet, to remove the excess water place shredded zucchini in a clean dry towel or triple layered cheese cloth. Wrap the cloth around the zucchini and squeeze out the excess juice. The juice is very healthy and delicious. Pour into ice cube tray and save for later use in a soup or broth.

Preheat your oven to 325 degrees. In a mixing bowl gently mix zucchini, egg, cheese, salt and pepper. Grease a muffin pan, and spoon zucchini mixture into cups filling them $\frac{3}{4}$ of the way full. Cook in oven for 20 min. or until a fork comes out clean.

In a mixing bowl, combine sugar, vinegar, mayo, dry and fresh dill, salt and pepper. Toss in all other veggies and let sit for 30 min. or more.

When the Zucchini cups are done place on plate and spoon cucumber slaw over top. Serve right away.