

## **Zucchini Keftedes**

Traditionally, keftedes are Greek meatballs made of ground lamb and pork, mixed with mint, onion, garlic, feta and bread crumbs served with tzatziki sauce as an appetizer or with pita bread and pasta as a main course. Zucchini replaces the meat in these keftedes.

### Ingredients:

1 and 1/3 lb. Zucchini, trimmed and grated

1 tsp sea salt

½ c. thinly sliced green onions

1 Tbsp chopped fresh mint

1 Tbsp chopped fresh dill weed

2 clove garlic, minced

1 tsp lemon zest

½ tsp freshly ground black pepper

1 c. panko dry bread crumbs

1 egg, beaten

1 c. coarsely crumbled feta cheese

Canola oil (for frying)

Plain Greek Yogurt

Fresh dill for garnish

Grate zucchini on large holes of box grater onto clean kitchen towel. Sprinkle with sea salt and let stand in a bowl at least 30 minutes, up to 1 hour.

Line rimmed baking sheet with parchment or foil. Wrap zucchini in towel and squeeze out as much liquid as possible. Place zucchini in medium size mixing bowl. Mix in green onion, chopped fresh mint and dill weed, garlic, lemon zest, and ½ tsp freshly ground black pepper.

Gently stir in panko and beaten egg, then feta cheese. Using 2 Tbsp of zucchini mixture for each, shape into 2" ball and place on lined baking sheet. Chill at least 1 hour, up to 4 hours.

Pour enough canola oil into a large skillet to ¼" deep. Heat oil over medium high heat. Working in batches, add balls to skillet, being careful not to overcrowd, and cook until golden on all sides, about 3-4 minutes a side. Using a slotted spoon, transfer browned balls to paper towel. Arrange on serving platter and garnish with fresh dill.

(NOTE: I actually press the balls into little patties because I find they are easier to cook that way. I also top my zucchini keftedes with some roasted cherry tomatoes with garlic.)

*Kim's Cookology!*