Zucchini Grilled Cheese

A healthier alternative to your everyday grill cheese.

**Preparation:**
1. Gather all ingredients and equipment.
2. Preheat oven to 425°F (220 °C).
3. Grate zucchini and place in a medium bowl. Sprinkle salt over the shredded zucchini and mix. Let sit for 5 to 10 minutes. remove excess liquid using a cheesecloth or clean kitchen towel.
4. Remove zucchini from the bowl and put onto cheesecloth or a clean kitchen towel. Squeeze out as much excess moisture as possible.
5. In a medium bowl combine, zucchini, egg, parmesan cheese, breadcrumbs, scallion, cornstarch, and pepper. Mix well using a rubber spatula.
7. Using a 1/4 cup measuring cup, lay out measured piles onto the parchment and then pat them down into 4" squares about a quarter of an inch in thickness.
8. Bake the patties for 15 minutes or until golden brown flip to other side and bake for another 5 minutes.
9. Add about a tablespoon and a half of shredded cheddar to one patty. Top with other patty to form a sandwich. Enjoy!

**Nutrition Facts on Reverse**
## Nutrition Facts

3 Servings  
**Serving size**  1 sandwich  
**Amount per serving**  4 ounces  
**Calories**  250  
Calories from Fat  100  
**Total Fat**  11 g  
  - Saturated Fat  5 g  
  - Trans Fat  0 g  
  - Monounsaturated Fat  4 g  
**Cholesterol**  85 mg  
**Sodium**  490 mg  
**Total Carbohydrate**  22 g  
  - Dietary Fiber  2 g  
  - Total Sugars  2 g  
  - Includes 0 g Added Sugars  
**Protein**  14 g  
**Vitamin D**  1 %  
**Calcium**  35 %  
**Iron**  4 %  
**Potassium**  348 mg  
**Phosphorus**  267 mg