



Teeny Zucchini Triangular Panini

By: Jude V. Age 8 New Hampshire
Makes 4 to 6 servings

2 medium zucchini (about 2 cups fine grated)
2 eggs, lightly beaten
1/2 cup low fat feta cheese
1/4 cup diced sweet bell peppers (red, orange, yellow, or green)
1/4 cup mashed canned chickpeas
1/4 cup diced green onions
1 garlic clove, peeled, minced
1/4 teaspoon salt; 1/8 teaspoon ground pepper or to taste
1/2 to 1 cup breadcrumbs
1/4 cup chopped fresh parsley or 1 teaspoon dried parsley
1/4 cup olive oil
6 whole wheat pitas or 6 halved pita pockets
6 slices Heirloom or beefsteak tomato slices
6 baby lettuce or as desired
1 (14 oz.) container marinara sauce, warmed

Grate the zucchini in food processor or box grater. Use paper towels to remove the excess water from grated zucchini.

Place grated zucchini, eggs, feta cheese, diced peppers, mashed chickpeas, onions, garlic clove, salt, black pepper, 1/2 cup breadcrumbs, and parsley in large bowl. Mix together well. Add additional breadcrumbs if mixture is too moist. Using your hands, create 6 patties about the size of your pita bread. I used about 1/3 cup for each patty.

In large nonstick skillet, warm the olive oil over medium heat and cook patties about 4 minutes per side or until golden brown on each side and heated through. Remove from skillet.

Place the patties on half of pita bread; top with tomato slices; fold pita bread top over. If using pita pockets, fill each half with 1 patty and tomato slice.

Grill the sandwich on a Panini press, indoor electric grill, or even a waffle maker until bread is crispy on both sides. We grilled our Panini about 3 minutes on each side. Remove; insert lettuce leaf in pocket; cut pocket into triangles on cutting board. Serve with warm marinara sauce for dipping. Serves: 4 to 6

Jude's Serving Suggestion: Serve with a glass of milk and if in season McIntosh apple.

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http://bento.cdn.pbs.org/hostedbento-prod/filer_public/HLC/2016_HLC_Cookbook_P.pdf

Cook's Note: The original recipe grilled the lettuce with the tomato and patty, but we preferred it added after grilling. Another suggestion would be to add fresh spinach in place of lettuce. I used a food processor to grate the zucchini and then removed moisture from them with paper towels. I added 1 cup breadcrumbs to form my patties.

About the Recipe: The vegetable patties are so delicious that you won't even mind the extra steps to make them. Crisp, yet moist, they produce a tasty Panini served in triangles with tomato sauce or even ranch dressing.