



Baked Sweet Pepper Zucchini Pancakes

Stacked up summertime shredded zucchini

Marinade Zucchini:

2 cups (about 9 ounces) shredded zucchini

1/2 cup mild beer

Sweet Pepper Topping

1 cup fine chopped sweet multi-colored peppers

1/4 cup fine chopped red onion

1/4 cup shredded zucchini

1/4 cup fine chopped parsley

1 Tablespoon lemon juice

Salt and ground black pepper to taste

1/2 cup reserved zucchini liquid

Zucchini Pancakes:

3/4 cup whole-wheat all-purpose flour
1 teaspoon baking powder
2 Tablespoons grated Parmigiano Reggiano cheese
2 eggs
4 Tablespoon water
1/2 teaspoon salt
1/4 teaspoon black pepper
4 ounces shredded pepper jack cheese
2 Tablespoon minced parsley
Canola cooking spray as desired

Garnish: Parsley sprigs

Serve with Greek plain yogurt; warm maple syrup as desired

Marinade Zucchini: In medium sized bowl, combine shredded zucchini and beer; set aside for at least 30 minutes or until needed. When ready to use, drain zucchini; save zucchini liquid; set liquid aside. Squeeze zucchini dry with paper towels. Set drained zucchini aside.

Prepare Sweet Pepper Topping: In a medium sized bowl, combine all topping ingredients except the zucchini liquid together. Add reserved zucchini liquid. Place in refrigerator to chill.

Preheat oven to 350 degrees F. Line rimmed baking pan with lightly greased aluminum foil.

Prepare Pancake Batter: In large bowl, combine flour, baking powder, and Parmesan cheese. Mix in beaten eggs to moisten; add water, drained zucchini; salt and pepper; stir in shredded cheese and parsley to form a thick batter.

Bake Pancakes: Using a 3-1/2-inch pastry ring, place it on a lightly greased foil lined baking pan. Spoon 1/3 cup batter into pastry ring; then carefully remove ring. Continue making 5 more pancakes using this technique. Leave about 3-inches between pancakes as they will spread. Lightly spray tops of pancakes with oil spray. Bake in preheated 350 degrees F oven for about 30 minutes or until light golden brown. Remove from oven; loosen pancakes; turn upside down, golden crusted side up onto serving dish.

To Serve: Drain liquid from chilled topping. Top golden crusted pancakes with pepper topping; serve with maple syrup and yogurt.

To Form Stacks of Pancakes. With slotted spoon, evenly top each pancake with pepper topping. In center of serving dish, stack one pancake on top of each other, topping side up. Place several scoops of plain yogurt with pancakes; garnish plate with parsley sprigs. Serve immediately with warm maple syrup on side if desired.

Yield: 6 Pancakes

Recipe Inspired by: pancakes zucchini, Tata Chef in Italy, World Fair Expo 2015

About the Recipe: Healthy zucchini is easily grown in home gardens and can be prepared in a variety of ways. These pancakes are baked and then can stacked together with layers of colorful pepper topping between the layers. If desired, serve pancakes upside down with golden crust on the top with spoon pepper topping over pancakes. Serve them with chilled plain yogurt and warm maple syrup. They are perfect to serve for breakfast or a brunch.