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# Squash Cakes

Preparation time: 30 minutes

Cook time: 15 minutes

Serves: around 10

## Ingredients

2 cups acorn squash, grated  
1/2 cups of scallions, chopped  
1/2 teaspoon parsley  
1/2 teaspoon cayenne pepper  
1/2 teaspoon black pepper  
1/2 teaspoon garlic powder  
1 egg  
1/2 cup sp. flour  
Vegetable oil spray

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## Instructions

1. Peel acorn squash into wedges. Use a food processor to grate the squash. Place squash into a large bowl. When 2 1/2 cups are grated, store extra in fridge or alter recipe accordingly.

2. In a separate bowl, mix the egg until blended. Place chopped scallions into bowl and pour egg into the squash. Mix for about fifteen seconds.

3. Mix the flour, parsley, cayenne pepper, black pepper, and garlic powder into bowl and mix until well blended.

4. Heat a large pan on medium heat and spray with vegetable oil. Smooth out 3-4 cakes 1/4 inch thick on the pan and cook for about 3 min. each side or until golden brown. Turn in between rounds and repeat until mixture is gone.

5. Served:

3 spatulas, 2 Mixing Bowls, 1 Mixing Spoon, 1 Food Processor with Shredding Disc, Cutting Board, Knife, Microwave, Plates, Paper Towel, Spoon

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# ion Facts

4 g



ring

fat

% Daily Value \*

drates

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- Vitamin C 8%

- Iron 2%

æ A

1000 calorie diet

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