



## Zucchini Garlic Bites

### Ingredients:

- 1 cup zucchini, grated and drained well
- 1 egg
- 1 pack Diet Mentor Ranch balls or Diet Mentor cheese curls crushed
- ½ packet dry Diet Mentor cheese sauce
- 1 clove garlic, grated fine
- 2 tablespoons fresh chives, chopped
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon fresh basil, chopped
- 1 teaspoon fresh oregano, chopped
- Pinch of salt and pepper
- Tomato sauce for dipping (zero added sugar) or Walden Farms BBQ

### Directions:

- Preheat your oven to 400°F (200°C). Lightly coat a baking sheet with olive oil or non-stick spray and set it aside.
- Use a box grater to grate the zucchini into a clean towel. Roll up the towel and twist it to wring out the excess moisture. This step is essential to ensure the bites have the right texture.
- Grate the garlic using the small holes on the box grater. This will help distribute the garlic flavor evenly throughout the bites.
- Combine the grated zucchini, garlic, egg, breadcrumbs, cheese sauce, chopped chives, parsley, basil, oregano, salt, and pepper in a medium bowl. Mix well until all the ingredients are evenly incorporated.
- Shape a tablespoon of the mixture into your hands, patting it to form small balls. Place the balls on the prepared baking sheet, leaving space between them.
- Bake the Zucchini Garlic Bites in the oven for 15-18 minutes or until they turn golden and crispy.
- Once baked, remove the bites from the oven and let them cool slightly. Serve them warm with tomato sauce for dipping.

Each serving = 1 cup select vegetables, 1 lean protein, 1 protein product,

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