



Adventures in Cooking *Debbie Larch*

<https://niftysquirrel.com/adventures-in-cooking/recipes/>

Zucchini Taco Shells

Ingredients:

Yields: 6

3 c. grated zucchini (about 3 small zucchinis)

Kosher salt

Freshly ground black pepper

1/4 c. all-purpose flour

1/2 c. grated Cheddar cheese

1 Egg, lightly beaten

1/4 teaspoon garlic powder

Toppings of choice (we used scrambled eggs, bacon, cheddar cheese, salsa, avocado, and cilantro)

Instructions:

Prep Time: 0:10 - Total Time: 1:00

- Heat oven to 400°. Line a baking sheet with parchment paper. Put zucchini in a strainer and lightly salt. Let sit in the sink or over a bowl to drain as much moisture as possible, about 20 minutes.
- In a large bowl, mix together zucchini, almond flour, cheese, egg, and garlic powder. Season with pepper.
- Scoop 1/4-cup portions of the mixture onto the baking sheet, then press each gently down to make a circle until 1/8-inch thick.
- Bake until the shells are lightly browned and crisp, about 25 minutes. Let cool slightly, and then fill with toppings of choice.