

If you've ever seen a woman at your farmer's market hoarding zucchini from every available stand it's probably me. My love for zucchini knows no bounds and I am not afraid to admit that I buy it by the ton this time of year. I have a [whole roster of great zucchini recipes](#) and this is one from my mother-in-law. I love to make these little bites for a healthy afternoon snack or to serve alongside dinner. Or both.



As you'll see in the webisode, making these merely requires a bowl, spoon and measuring cup. The rest is simply a matter of grating and mixing. I easily whipped these up during my daughter's naptime so that we could all enjoy them for an afternoon snack. The best way to describe their taste is somewhere between a mini-quiche and a muffin. Savory and light, they are puffy and easy on the stomach since, after all, none of us want to be eating heavy foods in the middle of summer. Perhaps I shouldn't admit this, but after we shot this video the three of us polished off the whole pan! Ah, summer.

recipe

Summer Zucchini Bites

ingredients

- 2 c. grated zucchini
- 2 eggs, lightly beaten
- 1/2 yellow onion, finely chopped
- 1/2 c. sharp cheddar, grated
- 1/2 c. bread crumbs
- 1/4 c. fresh parsley, finely chopped

Makes approximately 24 mini-muffin sized bites

instructions

1. Preheat the oven to 400°F. Butter a mini-muffin tin, set aside.
2. In a large glass bowl add two eggs and beat lightly with a whisk. Then, add the zucchini, onion, cheddar, bread crumbs and parsley and combine them with a wooden spoon.
3. Using your hands or an ice-cream scoop, fill each muffin cup just to the top. Bake for 15-18 minutes or until the top is browned and set.