

Garden Zucchini Pancakes with Tomato Umami

3 cups grated zucchini

1/2 cup scallions or chives

3 eggs, lightly beaten

3 tablespoons chickpea flour

1/3 cup herbs of choice: dill, parsley, basil, rosemary, etc., chopped

½ cup feta cheese crumbled

2/3 cup walnuts, chopped (optional)

Umami Tomato (recipe follows)

Microgreens (Buy RC Greens from the market or from Trader Joes)

Place zucchini in a strainer with mix with some salt. Let stand 30 minutes. Squeeze out as much water as possible. I squeeze it in a towel. In a large bowl, combine the zucchini – walnuts.

Add olive oil to a sauté skillet (I use cast iron). Drop batter in and fry till golden brown, a few minutes each side. Top with Umami Tomato and microgreens.

Umami Tomato

1 medium homegrown tomato, diced small

2 cloves of garlic

1 teaspoon white miso

Sea veggie granules

Salt and freshly ground pepper

Mince the garlic, then make a paste by sprinkling on a pinch of salt and massaging with the side of your knife. Mix garlic with 1 teaspoon miso and dash sea veggies. Using your hands, incorporate into a small amount of tomatoes and juice, then add in remaining tomatoes. Taste and adjust seasoning. Finish with salt and pepper.