

Zucchini & Carrot Patties

serves 4

1^{1/2} cups grated zucchini, firmly packed—making sure to squeeze out excess moisture

1 cup grated carrot, firmly packed

1 medium potato, grated

1 medium onion, grated

1 egg, beaten

- salt & pepper

125g ricotta cheese

1/2 cup plain flour

2 cups cooked (brown) rice

Combine the zucchini, carrot, potato, onion, egg, cheese and seasonings.

Mix well and add the flour and rice to make a firm mixture.

Heat a little butter or oil in a frying pan, place tablespoons of mixture into pan, flatten and cook until golden brown on both sides.

Recommended by Joan (and Bob)