

ZUCCHINI TORTILLAS

INGREDIENTS

1 pound zucchini, shredded (3 ½ cups)
1 teaspoon salt
2 eggs, beaten
½ cup almond flour
½ cup shredded pepper jack cheese
2 green onion, finely chopped
½ teaspoon ground cumin

DIRECTIONS

Preheat oven to 375°F. Line 2 baking sheets with parchment paper. Place zucchini in a colander and sprinkle with salt, and toss to combine. Let stand for at least 10 minutes, then squeeze the zucchini with your hand to remove as much liquid as possible. Transfer to a medium bowl and add eggs, flour, cheese, onion, and cumin. Stir until well combined. Make four ¼ cup mounds of the mixture on each baking sheet. Flatten each mound into a 5-6-inch circle with your fingers. Place racks in oven on separate oven racks. Bake for 10 minutes, then switch the position of the racks. Continue baking until the tortillas are brown in spots and around the edges, about 10 more minutes. Remove from oven and let cool for a few minutes and transfer to a rack to cool. Makes 8 tortillas

NUTRITION INFO PER TORTILLA:

Calories-94
Total Fat-5 g.
Saturated Fat- 1 g.
Sodium-211 mg.
Carbohydrate-4 g.
Fiber-1.5 g.
Protein-5 g.