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It's Hump Day. By now, leftovers from the weekend are gone (or you've had all you can stomach). It's back to the kitchen to cook again. But it's gotta be something quick!

This easy-to-make recipe combines shrimp and vegetables into a warm, comforting supper dish. A green salad and fresh fruit complete the meal.

Shrimp, Zucchini & Corn Pancakes
Makes about a dozen pancakes (4 to 6 servings)

- 2 small to medium zucchini and/or yellow squash
- 1 cup fresh or frozen corn kernels
- ¼ cup chopped red onion
- 1 can (4 ounces) wild pink shrimp, drained (see note)
- 1/3 cup crumbled feta cheese
- 2 eggs, beaten
- 1/3 cup flour
- 1 tablespoon chopped fresh basil, dill or parsley, or a combination
- Sea salt and freshly ground pepper to taste
- 2 to 4 tablespoons canola oil (for sautéing)

Prep time: 20 minutes.

Start to finish: 30 minutes.

Shred zucchini and/or yellow squash on the large