



CHESAPEAKE CAKES

BY CHEF DAVE ROLLS, @CHEF4HEALTH

INGREDIENTS

- 2 large zucchini or 2 large patty pan squash, shredded and drained well
- 2 egg, yolks
- ½ cup mayonnaise
- 1 teaspoon Tabasco
- 2 teaspoon Worcestershire sauce
- ½ teaspoon Dijon Mustard
- 1 teaspoon Old Bay seasoning
- 1 teaspoon chopped parsley
- ½ teaspoon sugar
- 1 teaspoon lemon juice
- Sprinkle of paprika

INSTRUCTIONS

1. Mix all ingredients, EXCEPT the SQUASH,
2. Preheat oven to 350°F
3. Slowly mix sauce into squash and mix gently
4. Add more sauce until you have a loose, but not soupy, consistency. ****This may not require all the sauce****
5. Put parchment paper on a baking sheet
6. With ¼ cup of the mix, form into balls or patties. Place on baking sheet.
7. Bake for 15-20 minutes, or until golden brown.
8. Remove and allow to cool slightly.
9. Serve warm over Romesco sauce, see recipe below.

Romesco Sauce

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Ingredients

- 1 large (approximately a cup) of pimento or fire roasted tomatoes
- 1 garlic clove, smashed
- ½ cup toasted nuts, mix almonds and hazelnuts for best flavor
- ¼ cup tomato puree
- 2 tbsp chopped flat leaf parsley
- 2 tbsp red wine vinegar
- 1 tsp smoked paprika
- Dash of cayenne pepper
- ½ cup extra virgin olive oil

Preparation:

1. Add all ingredients, except extra virgin olive oil, to food processor and blend until finely chopped.
2. While processor is running slowly add olive oil and process until sauce is smooth.
3. Salt and pepper to taste.

Sauce can be prepared ahead of time and held in the refrigerator for up to a week. Serve warm or cold.