

# Savory Zucchini Balls

Recipe By *Estee Kafra*



Cooking and Prep:  40  
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Serves:  6

No Allergens

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Shabbat, Sukkot,  
Passover

**Diet:** Vegan, Gluten Free, Low  
Carb, No Refined Sugar,  
Vegetarian, Paleo, Pescetarian

**Source:** Family Table by  
Mishpacha Magazine

You will need big zucchini for this recipe. I used a melon balling tool — the same way as you would a melon. Make sure some of the skin stays on for a colorful effect.

## Ingredients (7)

### Main ingredients

- oil, for sautéing, plus 1 tablespoon
- 3 onions, finely diced
- 2 large yellow and 2 large green zucchini, cut into balls with a melon baller

- 1–2 cloves garlic, finely minced or 1-2 cubes **Gefen Frozen Garlic**
  - Haddar Kosher Salt**, to taste
  - black pepper, to taste
  - 4 tablespoons Italian parsley, finely chopped
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## Start Cooking

### Prepare Zucchini Balls

1. In a heavy saucepan, heat the oil and add diced onions.
2. Sauté for five minutes and add zucchini balls.
3. Let cook for about 10 minutes, moving the pan constantly to make sure that all sides of the balls are evenly cooked.
4. Meanwhile, combine oil and minced garlic in a small bowl.
5. When the balls are just starting to get soft, add the oil-garlic mixture and cook for four to five more minutes, sprinkling with kosher salt and pepper.
6. Mix in parsley right before serving.

### Credits

Photography: Daniel Lailah

Styling: Amit Farber