

Tupperware

Silicone Form RECTANGULAR

Recipes

Silicone Forms RECTANGULAR FEATURES



- No need for grease or spray with our non-stick interior coating
- Raised handles
- Heat distributes evenly throughout the mold
- Fits in all microwaves and ovens
- Mold capacity: 1 Liter
- 10" L x 7" W x 1" H.
- Royal Amethyst

Our durable Silicone Baking Forms feature non-stick coating on the interior for easy cleaning and cooking (up to 428° F/220°C). They produce no odor or smoke and can be used in the fridge, freezer, oven or microwave.

^{*}Features Limited Lifetime Warranty.

Silicone Forms RECTANGULAR FEATURES



Microwave Safe



Refrigerator Safe



Oven Safe up to 428° F/220°C



Freezer Safe

RECTANGULAR FORM RECIPES

- 5. Almond Fudge
- 6. Buckeye Brownies
- 7. Carrot Cake Bars
- 8. Chocolate Candies
- 9. Chocolate Caramel Poke Cake
- 10. Chocolate Peanut Butter Squares
- 11. Coconut Bars
- 12. Focaccia Bread
- 13. Gingerbread Cookie Bark
- 14. Jalapeno Cornbread
- 15. Keto Cheesecake Brownie
- 16. Mint Oreo Bark
- 17. Omelet Pie
- 18. Pumpkin Cheesecake Bars
- 19. Reese's Peanut Butter Bark
- 20. S'mores Fudge
- 21. Spice Pumpkin Bars
- 22. Sweet Potato Brownies
- 23. Texas Sheet Cake
- 24. Triple Chocolate Cheesecake Brownies
- 25. Vegetable Quiche
- 26. Zucchini Bites



1 (14 oz.) can condensed milk

2½ cups dark chocolate (70% or more)

2 tbsp. butter

¼ tsp. sea salt flakes, plus extra to sprinkle on top

1/2 cup roasted almonds

- 1. Place Silicone Rectangular Form on a baking sheet; set aside.
- Add condensed milk, dark chocolate and butter into Stack Cooker 1¾ Qt. Casserole. Microwave at 500 watts for 4 minutes. Add salt flakes and mix until smooth.
- 3. Pour mixture into the **Silicone Rectangular Form** and sprinkle roasted almonds over the top.
- 4. Place into refrigerator to set for 2 hours.
- 5. Once set, remove from form and slice.



2 cups milk or semi-sweet chocolate chips

½ cup heavy cream

3 tbsp. unsalted butter

1 tbsp. vanilla extract

2 tbsp. brewed coffee or espresso

¼ tsp. coarse kosher salt

4 eggs

2 cups creamy peanut butter

1 cup powdered sugar

2 tsp. vanilla extract ¼ tsp. coarse kosher salt

1 cup milk or semi-sweet chocolate chips

1 cup chopped peanuts

3 tbsp. heavy cream

- Preheat oven to 325°F/162°C. Place Silicone Rectangular Form on a baking sheet.
- In the Stack Cooker %-Qt. Casserole, stir together chocolate chips, heavy cream, butter, vanilla, coffee, and salt. Microwave 45 seconds. Remove from microwave, let stand 2 minutes; stir until smooth.
- 3. In the SuperSonic Chopper Extra with paddle attachment, add eggs. Cover and pull cord until well beaten, add 2 spoonfuls of chocolate mixture to eggs, cover and pull cord until well mixed. Add remaining chocolate, mix well.
- 4. Transfer chocolate mixture to the Silicone Rectangular Baking Form.
- 5. Place in oven for 25 minutes. If Microwaving, place in microwave on high for 10 minutes. Remove pan from microwave; let stand.
- 5. In the Stack Cooker ¾-Qt. Casserole stir together peanut butter, powdered sugar, granulated sugar, vanilla, and salt. Microwave on high power 30 seconds or until soft. Spoon mixture evenly over brownies.
- Add chocolate chips and cream in the 2 Cup Micro Pitcher, microwave 45 seconds; let stand 1 minute, stir until smooth. Pour over peanut butter, spread evenly. Sprinkle with peanuts, gently press into chocolate.
- 7. Refrigerate 20 minutes to set. Remove from form and cut into 16 pieces.



34 cup carrots, grated

2 large eggs

⅓ cup granulated sugar

⅓ cup dark or light brown sugar

½ cup vegetable oil

1 tsp. vanilla extract

34 cup self-rising flour

1 tsp. ground cinnamon

¼ cup walnuts, chopped

Cream Cheese Frosting

½ cup butter, softened 1 (8 oz.) pkg. cream cheese,

softened

1 tsp. vanilla extract

1 lb. powdered sugar

- In the Whip N' Mix Chef, place grated carrots, eggs, sugars, oil and vanilla extract. Replace cover, and turn handle on gear 1 until well combined. Add remaining ingredients and switch to gear
- 2. Turn handle until batter is well incorporated.
- 3. Pour batter into Silicone Rectangular Form and smooth top.
- 4. Place in microwave and cook on high power for 5 minutes or until toothpick inserted in center comes out clean. Allow to cool
- In the clean Whip N' Mix Chef, add frosting ingredients Replace cover, and turn handle on gear 1 until well combined, switch to gear 2 if needed.
- Unmold bar onto a serving plate, frost carrot bars, then cut to serve.



2½ cups chocolate melting wafers2 Tbsp. choice of toppings

Topping Ideas

Crushed peppermint candies
Mini M&Ms
Candy Sprinkles
Coconut flakes
Toffee bits
Mini Marshmallows
Sea Salt
Drizzled Icing
Pretzels, crushed

Caramel Drizzle
Red Hots
Nonpareils
Nuts, finely chopped
Pistachios, finely chopped
Dried apricots
Dried cranberries
Dried cherries
Raisins

Dried mango Dried pineapple

- Melt the chocolate Place chocolate melting wafers in Stack Cooker 1% Qt. Casserole, cover and microwave on high power for 30 seconds at a time. stirring in between. until fully melted.
- Pour chocolate in the Silicone Rectangular Form and tap gently against surface to level out. Quickly add toppings in sections or as desired
- 3. Leave at room temperature to set for 20 minutes.
- Once the chocolate is set, unmold by peeling back the silicone and transfer to cutting board.
- Cut chocolates into squares and store in a Tupperware container until ready to serve.



4 oz. bittersweet chocolate, chopped
1½ cups all-purpose flour
½ cup cocoa powder
1½ teaspoons baking powder

1½ teaspoons baking powde¼ teaspoon fine salt

4 oz. unsalted butter, at room temperature

1 cup granulated sugar

3 large eggs

Toppings

8 oz. milk chocolate, chopped

½ cup heavy cream

2 cups whipped topping

½ cup salted caramel,

homemade or store-bought Chocolate chips, for garnish

- Preheat the oven to 350°F. Place Silicone Rectangular Baking Form on a baking sheet.
- In a Chef Series II Saucepan, combine the bittersweet chocolate with 1 cup water over low heat, stirring frequently, until the chocolate melts. Set aside.
- 3. In a bowl whisk together the flour, cocoa powder, baking powder, and salt.
- 4. In a bowl beat the butter and sugar. Add eggs, one at a time. Add the flour and melted chocolate mixture, alternating each one, until everything is combined.
- Spread the batter evenly into the Silicone Rectangular Form. Bake for 40 minutes, or until a toothpick comes out clean. Let cool for 20-25 minutes.
- 6. Place the milk chocolate in a heatproof bowl. Pour the cream into a small saucepan set over medium-high heat and bring to a boil. Pour over the chopped chocolate and let stand for 5 to 10 minutes to allow the hot cream to melt the chocolate. Whisk until smooth.
- Cover with plastic wrap and refrigerate for 30 minutes, or until just firm. Using an electric mixer, beat the mixture until smooth and creamy, about 2 minutes.
- Cool cake for 30 minutes, place on a serving plate. Using a wooden skewer to pierce the cake all over in 1-inch intervals. Spread whipped topping over cake.
- 9. If needed, warm the caramel over the stove or in the microwave to make more pourable. Carefully pour the caramel over cake. Sprinkle with chocolate chips. Cut into squares and serve with any remaining caramel.



1 cup semisweet chocolate chips

1 tbsp. refined coconut oil

½ cup creamy peanut butter

½ cup milk chocolate chips

- Place semisweet chocolate chips and coconut oil in the Stack Cooker 1% Qt. Casserole, microwave at full power in 30-second intervals until chocolate has melted; (about 90 seconds). Set aside.
- Place peanut butter and milk chocolate chips in Stack Cooker ¾ Qt.
 Casserole and microwave for 30 seconds or until chips melt into peanut butter. Mix well.
- Pour melted semisweet chocolate into Silicone Rectangular Form and spread to fully cover the bottom.
- Pour peanut butter mixture over chocolate mixture and use Silicone Spatula to swirl and create a decorative pattern.
- Place in refrigerator for 20 minutes or until chocolate is set. Invert on cutting board and cut into even squares. Store at room temperature in Snack-Stor Large Container for up to 5 days.



½ cup condensed milk

1/4 cup refined coconut oil

¼ tsp. salt

2 cups unsweetened coconut flakes

- Place condensed milk and coconut oil in the Stack Cooker ¾-qt.
 Casserole and microwave on full power for 1 minute. Set aside.
- In a medium-sized Thatsa Bowl, place coconut flakes and add condensed milk and salt. Mix until coconut is well coated.
- Spread coconut mixture into Silicone Rectangular Form, then using the Silicone Thin Spatula press down until mixture forms an even layer.
- Place in refrigerator and let set for 30 minutes. Invert onto cutting board and cut into bars. Store in Snack-Stor Large Container for up to 5 days.



2 tsp. yeast

½ tsp salt

7 oz. lukewarm water

2½ cups flour

2 Tbsp. olive oil

2 Tbsp. rosemary - chopped fresh or 1 tsp. dried

1½ tsp. salt

- 1. Preheat oven to 392°F/200°C.
- Stir the yeast into lukewarm water in a medium Thatsa Bowl and add salt.
- Add a little flour at a time while stirring. The dough should be a little sticky.
- 4. Place the dough to rise in a warm place for approximately 1 hour.
- 5. Place Silicone Rectangular Form on a baking sheet.
- 6. Beat the dough quickly and spread it in the baking mold.
- 7. Make 6 holes with your fingers and then brush the surface with oil. Sprinkle with rosemary and salt.
- 8. Bake for approximately 30 minutes.
- Let the focaccia bread cool down in the mold for 10 minutes before serving.



1 (17.5 oz.) pkg. Betty Crocker gingerbread cookie mix 12 oz. white chocolate candy melts ½ Tbsp. coconut oil Sprinkles and candies for decorating

- Preheat oven to 375°F. Place Silicone Rectangular Form on a baking sheet.
- 2. In a bowl, stir together the cookie mix, butter, water, and egg to form a soft cookie dough.
- 3. Press the dough on the **Silicone Rectangular Form** and flatten with your hands. Gently roll the dough to ½" thickness.
- Bake for 10 minutes, until edges are set. Transfer to a wire rack and let cool completely.
- Melt the white chocolate candy according to the directions on the package. Stir in the coconut oil.
- Spread the melted candy on top of the cookie base. Decorate with sprinkles and candies before the white chocolate layer cools and hardens.



- 1 (8.5 oz.) box Jiffy cornbread mix
- 1 egg
- 1/4 cup butter, melted
- ⅓ cup milk
- 2 Tbsp. canned jalapeno peppers, diced and drained well
- 1 cup cheddar cheese, shredded
- 1/2 tsp. salt (optional)

- Preheat oven to 375°F. Place Silicone Rectangular Form on a baking sheet.
- 2. Combine cornbread mix, egg and butter in a mixing bowl.
- 3. Add remaining ingredients. Combine well. Mixture will be thick and lumpy.
- 4. Pour cornbread mixture into the Silicone Rectangular Form.
- 5. Bake at for 15-20 minutes or until cornbread is golden brown.



1 cup cream cheese, softened

1/4 cup stevia powder

1 egg

1 tsp vanilla extract

Brownie Layer

½ cup unsalted butter

½ cup stevia powder

⅓ cup cocoa powder

⅓ tsp salt

2 eggs

⅓ cup almond flour

- 1. Place Silicone Rectangular Form on a UltraPro cover.
- Mix cream cheese and stevia together in a bowl using an electric mixer until creamy smooth. Mix in egg and vanilla extract until fully combined.
- 3. Bring a saucepan of water to a simmer. Top saucepan with a heatproof bowl large enough to stay above the water. Combine butter, stevia, cocoa powder, and salt in the bowl. Cook and stir until melted and fully combined, 1 to 3 minutes. Remove from heat and cool until bowl is safe to handle. Whisk in 1 egg at a time, stirring vigorously, until mixture becomes pudding-like. Add almond flour and continue to whisk brownie mixture until blended.
- 4. Pour ¾ of the brownie mixture into the bottom of the Silicone Rectangular Form. Add cream cheese mixture. Top with dollops of remaining brownie mixture and use a knife to create a swirled design.
- 5. Microwave on high for 4-6 minutes.



13 oz. white chocolate chips ½ tsp. coconut oil green food coloring 10 Oreos, crushed and divided ½ tsp. peppermint extract ¼ cup semisweet chocolate chips, melted

- In the Stack Cooker 1% Qt. Casserole, combine white chocolate, coconut oil and green food coloring. Microwave on high for 25 seconds at a time, stirring after each time until chocolate chips are completely melted.
- Add ¾ of crushed Oreos and peppermint extract to melted chocolate. Fold to combine. Pour in the Silicone Rectangular Form and spread in an even layer.
- Top with remaining crushed Oreos and drizzle with melted chocolate.
- 4. Place in the refrigerator to harden for 2 to 3 hours. Break into pieces and serve.



6 slices of bread, cubed and toasted

3/4 cup grated cheddar

½ cup cooked diced bacon

½ red pepper, chopped

½ green pepper, chopped

1 small red onion, diced

6 eggs

1 cup light cream

Salt & Pepper, to taste

½ cup grated mozzarella 1 bunch of chives

- ${\bf 1.} \ \ {\bf Place} \ {\bf Silicone} \ {\bf Rectangular} \ {\bf Form} \ \ {\bf on} \ {\bf a} \ {\bf baking} \ {\bf sheet}.$
- In a Thatsa Bowl mix together bread, cheddar cheese, bacon, bell peppers, eggs, cream, salt and pepper.
- Pour onto Silicone Rectangular Form and spread in an even layer, sprinkle with grated mozzarella on top and sprinkle with chopped chives.
- Bake the mix in the oven or 30 minutes at 350°F, then serve in slices with salad on the side.



6 eggs

3/4 cup milk

2 Tbsp. flour

3/4 tsp salt

¼ tsp. pepper

2 cups of your choice of toppings, cheese, meat, vegetables, herbs

- 1. Preheat oven to 450°F.
- In a bowl beat eggs and milk until fluffy, add flour, salt and pepper and beat or whisk until smooth.
- 3. Pour into Silicone Rectangular Form.
- 4. Bake for 10 15 minutes or until eggs are just about set (Keep an eye on them at the 6 minute mark -- depending on your oven, they could set that fast!).
- 5. Sprinkle with toppings evenly over eggs.
- 6. Bake for about 5 minutes more or until cheese is melted.
- 7. Starting at short side, roll up omelet while still in pan.
- 8. Place seam side down on serving dish.
- 9. Cut into slices.



1½ cups graham cracker crumbs

3 Tbsp. brown sugar

½ tsp. ground cinnamon

½ tsp. ground nutmeg

1/8 tsp. ground cloves

¼ cup unsalted butter, melted

Cheesecake Layer

2 (8 oz.) pkg. cream cheese, room temperature

3/4 cup granulated sugar

1 Tbsp. cornstarch

2 large eggs at room temperature

¼ cup heavy cream, room temperature **DIRECTIONS**

6 Tbsp. sour cream, room temperature ½ tsp. vanilla extract

Pumpkin Layer

½ can (15 oz.) pumpkin puree

½ tsp. ground cinnamon

¼ tsp. ground nutmeg ½ tsp. pumpkin spice optional

Whipped Cream Laver

1 cups heavy whipping cream cold

¼ cup granulated sugar

½ tsp. vanilla extract

½ tsp. ground cinnamon

INCCITOILS

- 1. Preheat oven to 375°F. Place Silicone Rectangular Form on a baking sheet.
- Add graham crackers, brown sugar, cinnamon, nutmeg cloves and butter in a bowl and stir until well combined. Press the mixture into the Silicone Rectangular Form. Using a measuring cup, press and try to push up the sides. Freeze for at least 20 minutes.
- Beat cream cheese and sugar together until fluffy. Add the remaining cheesecake ingredients, beat until combined. Remove crust from freezer, pour half the batter over crust and return to the freezer for one hour.
- Add all the Pumpkin Layer ingredients, to the remaining cheesecake batter, whisk to combine.
- 5. Remove crust from freezer, pour pumpkin layer on top of the Cheesecake layer, bake for one hour. Check at the 45 minutes to see if its done. A small area in the center should wobble slightly, edges should be puffed and light golden brown. Turn oven off and prop open oven door and leave the cheesecake to cool in the oven for one hour. Remove from oven and place on a cooling rack for about 2 hours, until the cheesecake is cool enough to be transferred to the refrigerator. Chill for 6-24 hours.
- 6. Add cream, sugar, vanilla and cinnamon to a large bowl, whisk on slow medium speed, gradually increasing speed. Mix until soft peaks form and the whipped cream holds its shape. Add the whipped cream to a pastry bag, fitted with a star piping tip and pipe it onto cheesecake bars right before serving.



- 2 cups semisweet chocolate chips, divided
- 1 tsp. coconut oil, divided
- 1 cup peanut butter
- 1 cup powdered sugar
- 1/2 cup Butter, softened to room temperature
- ¼ tsp. kosher salt
- ½ cup Reese's Pieces, chopped
- 5 Reese's Mini cups, chopped

- In the Stack Cooker 1% Qt. Casserole melt 2 cups chocolate chips and mix with 1 teaspoon coconut oil. Spread in the Silicone Rectangular Form in an even layer and place in the refrigerator to harden.
- Combine peanut butter, powdered sugar, butter and salt and beat with a hand mixer. When smooth and fluffy, spread evenly over chocolate layer. Place back in the refrigerator to harden.
- Melt the remaining chocolate chips and mix with remaining coconut oil.
- Spread over peanut butter in an even layer and sprinkle with chopped Reese's and Reese's pieces. Place back in refrigerator to set, 10 minutes.
- 5. Break apart into large chunks and serve



1½ cups semi sweet chocolate chips

3/3 cup sweetened condensed milk

2 tsp. vanilla extract

11/2 cups mini marshmallows

3 whole graham crackers, broken into pieces

- In the Stack Cooker 1% Qt. Casserole melt chocolate chips and condensed milk, microwave on high for 1 minutes 15 seconds.
- Add vanilla extract, stir to combine. Add in marshmallows and graham crackers, stir.
- 3. Spread in the Silicone Rectangular Form in an even layer.
- 4. Refrigerate for two hours until fully set.
- 5. Store in a Tupperware canister.



1 cups all-purpose flour

1 tsp. baking powder

1 tsp. ground cinnamon

½ tsp. baking soda

1/2 tsp. salt

2 eggs

½ (15 oz.) can pumpkin

34 cup granulated sugar

1/2 cup cooking oil

% cup chopped pecans, optional Pecan halves, optional

DIRECTIONS

- 1. Preheat oven to 350° F
- 2. In a medium bowl stir together flour, baking powder, cinnamon, baking soda, and salt: set aside.
- 3. In a large mixing bowl beat together eggs, pumpkin, sugar, and oil with an electric mixer on medium speed. Add the flour mixture: beat until well combined. If desired, stir in chopped pecans. Spread batter into Silicone Rectangular Form.
- 4. Bake in a oven for 25 to 30 minutes or until a wooden toothpick inserted in the center comes out clean.
- 5. Cool completely in pan on a wire rack.
- 6. In a medium mixing bowl beat together the cream cheese, butter, and vanilla until fluffy. Gradually add powdered sugar, beating until smooth. Frost pumpkin bars.
- 7. If desired, top with pecan halves. Cut into squares. Store, covered, in refrigerator up to 3 days.

½ (8 oz.) package cream cheese. softened

1/2 cup butter, softened

½ tsp. vanilla

1 cups sifted powdered sugar



34 cup sweet potato puree

½ cup granulated sugar

⅓ cup vegetable oil

1 large egg, whisked

1 tsp. vanilla extract

½ cup self-rising flour

3 Tbsp. unsweetened cocoa powder

4 oz. semisweet chocolate bar, roughly chopped

- 1. In medium bowl, place sweet potato puree, sugar, oil, egg and vanilla extract. Mix until well combined.
- 2. Add flour and cocoa powder. Mix until well combined. Fold in % of chopped chocolate.
- 3. Pour batter into **Silicone Rectangular Form** and smooth top to form even layer. Sprinkle remaining chocolate pieces over the top.
- Place in microwave and cook on 80% power for 5-6 minutes or until toothpick inserted in center comes out clean.
- 5. Let cool slightly, cut into squares using spatula and serve.



4 oz. semisweet chocolate bar 3/4 cup unsalted butter, diced

1 cup light or dark brown sugar

2 large eggs

¾ cup self rising flour

⅓ cup cocoa powder

¾ cup semisweet chocolate chunks or chips

Cheesecake Topping

4 oz. cream cheese, softened

¼ cup granulated sugar

% cup sour cream or Greek yogurt
Strawberries for decoration

- 1. Preheat oven to 350°F/180°C.
- In the 2 Cup Micro Pitcher, add chocolate bar and butter, cover with 1 Cup Micro Pitcher and microwave at high power for 1 minute, stopping halfway to stir, or until fully melted.
- Transfer chocolate butter mixture to medium bowl, add brown sugar and eggs then whisk to combine. Add flour, cocoa powder and chocolate chunks and mix until smooth.
- 4. Pour batter in the Silicone Rectangular Form and bake for 20 minutes or until toothpick inserted in center comes out clean. Let cool 5 minutes then unmold and let cool completely.
- ${\bf 5. \ Mix \ all \ cheese} {\bf cake \ topping \ ingredients \ in \ small \ bowl \ until \ smooth}.$
- Once brownie has cooled, add cheesecake topping and spread until the top is fully covered.
- 7. Decorate with strawberries, cut in squares and serve.



1 cup all-purpose flour

1 cup granulated sugar

1/2 tsp. salt

1 stick (4 oz.) unsalted butter

2 Tbsp. unsweetened cocoa powder

1/2 cup boiling water

¼ cup buttermilk

1 large egg, beaten

½ teaspoon baking soda

½ teaspoon vanilla

Frosting

½ cup unsalted butter

2 Tbsp. cocoa powder

3 Tbsp. buttermilk

1 tsp. vanilla 2 cups powdered sugar

- Preheat the oven to 350°F. Place Silicone Rectangular Form on a baking sheet.
- 2. In a medium bowl, whisk together the flour, sugar, and salt.
- 3. In a Chef Series II Saucepan over medium-low heat, melt the butter.
- 4. Once melted, stir in the cocoa powder and boiling water.
- 5. In a measuring cup, stir together the buttermilk, egg, baking soda and vanilla.
- Add the buttermilk mixture to the flour mixture, following by the boiling water mixture.
- Stir together all cake ingredients very well, and then pour into the Silicone Rectangular Form. Bake cake for 15-18 minutes, or until a toothpick inserted comes out clean.
- In a saucepan, melt the butter, stir in the cocoa powder, buttermilk and vanilla until well-combined. Remove the pan from heat and whisk in the powdered sugar.
- Immediately pour icing over the cake when it comes out of the oven, spread the frosting to the edges of the pan.



1 cup milk

1/2 heavy cream

2 eggs (medium sized)

½ tsp. dried thyme

½ cup flour

salt and pepper

¼ cup feta cheese, crumbled

⅓ cup cherry tomatoes

¼ cup black olives, pitted

¼ cup almonds, roughly chopped

- Preheat the oven to 390°F/200°C Place Silicone Rectangular Form on a baking sheet.
- Pour milk, cream, egg, thyme, flour, salt and pepper into Quick Shake Container, put the lid on the shaker and shake well for approx. 20 seconds.
- Spread feta, tomatoes and olives in the base of the Rectangular Silicone Mold and pour the contents of Quick Shake Container over the vegetables.
- 4. Sprinkle almonds over egg mixture.
- 5. Bake for 25-30 minutes.
- Let the quiche cool for 15 minutes before taking it out of the mold and serve it with a green salad.



2 zucchini, cut into 2" pieces

½ cup parmesan cheese, grated

1 large egg

½ cup breadcrumbs

2 garlic cloves, minced

1 green onion, chopped

½ tsp. salt

¼ tsp. black pepper

- 1. Preheat oven to 400° F/200° C.
- Using the SpeedyMando Grater, secure food guider into the body and place on top of bowl. Place a piece of zucchini into the food guider, position plunger on top and grate. Repeat with remaining zucchini.
- Place zucchini in clean towel and twist to wring out excess moisture. You should have about 1 cup zucchini.
- Transfer zucchini and parmesan cheese into bowl and add remaining ingredients. Mix until well combined.
- Using a Tablespoon shape the mixture into a ball and place on Silicone Rectangular Form.
- 6. Bake 15 minutes or until golden brown.