

SIDE DISH

Squash Puppies

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
35 min	15 min	20 min	12	\$0.22	102 kcal



You can never have too many side dish recipes, so give Squash Puppies a try. For 22 cents per serving, this recipe covers 4% of your daily requirements of vitamins and minerals. This recipe makes 12 servings with 102 calories, 2g of protein, and 5g of fat each. 26 people were impressed by this recip...

Ingredients

- ☐ 1 cup self-rising cornmeal mix
- ☐ 12 servings salt and ground black pepper to taste
- ☐ 1 teaspoon onion powder (optional)
- ☐ 1 large yellow summer squash, shredded
- ☐ 1 egg, beaten
- ☐ 1 small onion, shredded
- ☐ ¼ cup peanut oil, or as needed

EQUIPMENT Bowl, Frying pan

Method

- 1 In a bowl, mix the egg, cornmeal mix, squash, onion, onion powder, salt, and black pepper until thoroughly combined (mixture may seem a little dry).
- 2 Heat the peanut oil in a large skillet over medium-high heat, and drop the squash mixture by large spoonfuls into the hot oil to form patties. Cook until brown on both sides, 2 to 3 minutes per side.

Nutrition per serving

102	2 g	5 g	12 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1 g · 6% of daily needs
Fibre			1.3 g · 5% of daily needs
Sugar			0.9 g · 1% of daily needs
Sodium			193 mg · 8% of daily needs
Cholesterol			13.6 mg · 5% of daily needs
Vitamin C			5.1 mg · 6% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/squash-puppies-148314