

ZUCCHINI FRITTERS



These simple patties are a great way to get more veggies in as a side, at breakfast with eggs, or as a handheld snack! They're not only delicious, but also high in fiber, potassium & vitamin C! No need to peel your zucchini first: the skin is thin & contains a lot of the nutrients!



Ingredients

- 4 cups grated zucchini (about 1.5 lbs)
- 1 tsp salt (for draining)
- 1/4 cup flour (whole wheat or whole wheat pastry flour preferred)
- 2 tsp minced garlic
- 1/2 tsp black pepper
- 1 large egg, beaten
- 2 Tbsp olive oil for cooking
- Optional - lite Ranch, marinara, or ketchup for dipping

Modified from DamnDelicious.com

Water, Water, Everywhere!

Zucchini & other summer squash are 95% water! Eating them doesn't replace drinking water, but can help us stay hydrated. Shredded zucchini adds moisture to baked goods like muffins or breads. However, if we don't salt & squeeze out some moisture, it'll make these fritters wet & gummy, so don't skip this step! You'll be amazed how much water comes out in 10 minutes!

Directions

1. Your first step is always wash your hands with warm water and soap. Remember to scrub for 20 seconds!
2. Grate or shred about 1.5 lbs zucchini using a box grater or food processor. This should yield about 4 cups. Place in a strainer with 1 tsp salt and toss to spread throughout. Let drain for 10 minutes over a plate or bowl. Using cheesecloth, a clean dish towel, or paper towels, squeeze excess water out. This helps the fritters to not be soggy.
3. In a large bowl, combine shredded & squeezed zucchini, flour, Parmesan, garlic, egg & black pepper to form batter.
4. Heat olive oil in skillet or on griddle over medium high heat.
5. Scoop 1 Tbsp of batter onto skillet, flatten with spatula, and cook for 2 minutes per side (until golden brown).
6. Enjoy plain or with the dipping sauce of your choice! To change it up, feel free to substitute yellow squash or whatever summer squash you have on hand.

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