



## Zucchini Fritters

*Light, crispy, and full of flavor, these zucchini fritters are a versatile and veggie-packed dish perfect for any time of the day. Serve them warm as snack, appetizer or light lunch. They're easy to make ahead and freeze—just reheat in a skillet, microwave, or 350°F oven for 10 minutes. This recipe is great way to use up summer zucchini and sneak in extra veggies for both kids and adults.*

Serves: 6

Serving Size: 1 fritter

### Ingredients

- 2 medium zucchini, grated
- 1/4 tsp salt
- 1/2 cup all-purpose flour
- 1 large egg
- 1/4 cup grated Parmesan cheese (optional)
- 2 cloves garlic, minced
- 1/2 tsp black pepper
- 1 tbsp olive oil

### Directions

1. Place grated zucchini in a colander, sprinkle with salt, and let sit for 10 minutes to draw out moisture.
2. Use a clean kitchen towel or clean hands to squeeze out excess water from zucchini.
3. In a bowl, combine zucchini, flour, egg, parmesan, garlic, and pepper; mix well.
4. Heat olive oil in a skillet over medium heat.
5. Scoop 2-3 tbsp batter per fritter and flatten in skillet.
6. Cook 3-4 minutes per side until golden brown and cooked through.
7. Drain on paper towels and serve warm.

### Nutrition Info per serving:

Calories: 130, Saturated Fat: 1.2g, Sodium: 166mg, Added Sugars: .1g, Fiber: .4g

Recipe adapted from:

<https://www.thespruceeats.com/zucchini-fritters-recipe-2217399>