

Zucchini Fritters

These zucchini fritters are crispy on the outside and light and tender in the middle.



Prep Time: 15 minutes

INGREDIENTS

Yield: 12 fritters

- 2 medium (405 g) zucchinis, grated
- 2-3 scallions, finely diced
- 1 garlic clove, crushed
- 1/4 cup fresh parsley
- 1 large egg, lightly beaten
- 1/4 cup panko breadcrumbs
- 1/2 cup shredded romano or parmesan cheese
- Pinch of red pepper flakes (optional)
- 1/4 cup olive oil for cooking
- Lemon juice or tomato sauce for dipping
- Parsley for garnish

Note: you can use any finely diced or grated vegetable and any shredded or crumbled cheese for example: broccoli and cheddar, cauliflower, roasted red pepper and parmesan, spinach and feta.

Cook time: 30 minutes

PREPARATION

- Grate zucchini with box grater. Place zucchini in colander, toss with 1/2 teaspoon salt to extract excess liquid. Set aside for 15-20 minutes.
- Wrap zucchini in a kitchen towel and squeeze to release liquid until dry.
- Add zucchini, scallions, garlic and parsley to mixing bowl and stir. Add egg and mix to combine. Then add panko breadcrumbs, romano or parmesan cheese, salt and pepper to taste. Mix together.
- Heat sauté pan. Add 1-2 tablespoons olive oil.
- With a scoop, place mixture onto hot pan, spacing out to make 3-4 at one time. Cook for 2-3 minutes on each side until crisp.
- Pat dry on paper towel.
- Serve with a squeeze of lemon.

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