



# Zucchini Fritters

Prep time: 25 min  
Cook time: 10 min  
Makes 8-10

## INGREDIENTS

- 2 medium-sized zucchinis
- 2 eggs
- $\frac{2}{3}$  cup whole wheat flour
- $\frac{1}{2}$  cup crumbled feta cheese
- 2 scallions, greens and whites, chopped
- $\frac{1}{4}$ -  $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$ - $\frac{1}{2}$  teaspoon black pepper
- 1-2 tablespoons olive or vegetable oil

**Optional:** Plain yogurt, ranch dip, or applesauce for topping

## DIRECTIONS



Start with clean hands!  
Wash your hands with soap and water.

1. Grate zucchini using a box grater.
2. Put the shredded zucchini in a colander and set colander in a bowl or in the sink. Press down on the zucchini so that as much liquid as possible drains out. Stir zucchini and repeat. Throw away the liquid.
3. Crack the eggs into a large bowl and whisk lightly.
4. Add the zucchini, flour, cheese, scallions, salt and pepper to the large bowl. Mix well.
5. Heat a skillet over medium heat and add a little oil. Scoop a couple tablespoons of the zucchini mixture onto the skillet, and shape into a flat round. Continue forming pancakes to fill the skillet.
6. Cook until the bottoms are golden brown, about 3-5 minutes. Then flip the pancakes over, and finish cooking the other side. Repeat with remaining mixture, adding a little more oil between batches as needed.
7. Serve with a dollop of plain yogurt, or other toppings, if desired.



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