

Zucchini Fritters

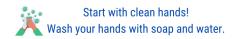
Prep time: 25 min Cook time: 10 min Makes 8-10

INGREDIENTS

- 2 medium-sized zucchinis
- 2 eggs
- ¾ cup whole wheat flour
- 1/2 cup crumbled feta cheese
- 2 scallions, greens and whites, chopped
- ½-½ teaspoon salt
- ¼-½ teaspoon black pepper
- 1-2 tablespoons olive or vegetable oil

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

DIRECTIONS



- 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.





