



Zucchini and Carrot Fritters

Prep time: 20 min
Cook time: 10min
Makes ~ 6-8 fritters

INGREDIENTS

- 1 cup grated zucchini (1 medium zucchini)
- 1 cup grated carrot (2 medium carrots)
- 1 egg
- 1/3 cup whole wheat flour
- 1/2 cup crumbled feta cheese
- 1-2 green onions, greens and whites, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon vegetable oil or non-stick spray
- Plain yogurt or salsa for topping (optional)

DIRECTIONS



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

1. Put the grated vegetables in a colander and set the colander in the sink or large bowl. Sprinkle vegetables with salt and let stand for 10 minutes. After 10 minutes press down on the vegetables to remove liquid. Stir and repeat, pressing down until you have got out as much liquid as possible. Throw the liquid away and put vegetables in a large bowl.
2. Crack egg into a small bowl, and whisk lightly.
3. Add the egg, flour, cheese and pepper to the vegetables. Mix well.
4. Heat skillet over medium heat and add a little oil. Once the oil is shimmering, scoop 1/4 cup of vegetable mixture into the pan. Repeat and space the scoops at least an inch apart. Flatten the scoops.
5. Cook until the bottoms of each fritter are golden brown, about 3-5 minutes. Then flip and finish cooking the other side. Transfer the fritters to a paper towel-lined plate.
6. Repeat with any remaining vegetable mixture. Add a little more oil between batches as needed.
7. Serve immediately with a spoonful of plain yogurt or salsa, if desired.