



Food Fest-Back to Basics

Quick and Crispy Vegetable Fritters



Prep Time: 20 minutes

Cook Time: 5 minutes

Total Time: 25 minutes

Servings: 12 fritters

Ingredients

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| 2 cups shredded zucchini* | 2 large eggs, lightly beaten* |
| 1/3 cup sliced scallions (green and white parts)* | 2 Tablespoons olive oil |
| 2 cloves garlic, minced* | 2/3 cup all-purpose flour |
| Sour cream or yogurt, for serving* | 2 cups shredded carrots* |

*Ingredients found at the market (some ingredients are seasonal)

Instructions

1. Place the shredded zucchini in a colander and sprinkle it lightly with salt. Let the zucchini sit for 10 minutes then using your hands, squeeze out as much liquid as possible.
2. Transfer the zucchini to a large bowl then add the carrots, garlic, flour, eggs, scallions, 1/4 teaspoon salt and 1/8 teaspoon pepper. Stir the mixture until it is combined.
3. Line a plate with paper towels. Place a large sauté pan over medium-high heat and add the olive oil. Once the oil is shimmering, scoop 3-tablespoon mounds of the vegetable mixture into the pan, flattening the mounds slightly and spacing them at least 1 inch apart.
4. Cook the fritters for 2 to 3 minutes then flip them once and continue cooking them an additional 1 to 2 minutes until they're golden brown and crispy. Transfer the fritters to the paper towel-lined plate, season them with salt and repeat the cooking process with the remaining mixture.
5. Serve the fritters immediately topped with sour cream or yogurt.

Class Notes:
