

Zucchini Fritters

Adapted From Sally McKenny's Blog: Sally's Baking

<https://sallysbakingaddiction.com/zucchini-fritters/#tasty-recipes-121108>

INGREDIENTS

Fritters

3 cups shredded zucchini (2 medium zucchini, about 3/4–1 lb.)
1/3 cup finely chopped yellow onion
1 1/2 teaspoons salt, divided
1 large egg
2 garlic cloves, minced
2 Tablespoons chopped fresh parsley
1 Tablespoon chopped fresh mint
1 Tablespoon chopped fresh dill
1/2 teaspoon freshly ground black pepper
1/3 cup fine cornmeal
1 Tablespoon cornstarch
1 teaspoon baking powder
3 Tablespoons neutral oil

Yogurt Sauce

1. 1/2 cup plain Greek or regular yogurt (or sour cream)
2. 1 Tablespoon chopped fresh parsley
3. 1 Tablespoon chopped fresh mint
4. 1 Tablespoon chopped fresh dill
5. 1 Tablespoon fresh lemon juice
6. 1 Tablespoon neutral oil
7. 1 teaspoon honey
8. 1/4 teaspoon garlic powder
9. salt and fresh ground black pepper, to taste

Nutrition Facts

Serving Size: 2 fritters (with sauce)

Calories: 147, **Sugar:** 2g,

Sodium: 219mg, **Fat:** 10.5g,

Carbohydrates: 11g, **Protein:** 4g,

Cholesterol: 32mg



Serving Size: 2



Fritters
Preparation &
cooking Time: 26
minutes



DIRECTIONS

1. Make the yogurt sauce: Whisk all of the yogurt sauce ingredients together except for the salt and pepper. Then add to taste. Cover and refrigerate until ready to serve
2. Make the fritters: Line a large bowl with a few paper towels or a clean, thin kitchen towel. Place the shredded zucchini and onion inside. Add 1 teaspoon salt and gently mix. Top with another paper towel and press down so that the paper towels begin to absorb the liquid. Lift everything up using the bottom paper towel and, over the sink, wring/squeeze out as much liquid as you can. The goal is to remove as much moisture as possible from the zucchini.
3. Whisk the egg, the remaining 1/2 teaspoon of salt, garlic, parsley, mint, dill, and pepper together in a large bowl until well combined.
4. Fold in the vegetables, and whisk in the cornmeal, cornstarch, and baking powder until everything is combined.
5. Heat the oil in a large skillet over medium heat.
6. Once the skillet is hot, scoop up around 2 Tablespoons of the zucchini mixture. Place the mixture onto the hot skillet and gently flatten with a spatula. Repeat with a few more, making sure not to overcrowd.
7. Cook until golden brown (about 3 minutes). Flip, then cook for an additional 3 minutes on the other side. Transfer to a paper towel-lined plate, then repeat with the remaining zucchini mixture.
8. Serve warm fritters with yogurt sauce.