

Marie Saba

from my kitchen to yours

Zucchini Fritters

Makes about 15 bite-sized fritters

Ingredients:

- 2 medium (1 lb., 450 g) zucchini
- 1 teaspoon (6 g) Kosher salt
- 1 large (50 g) egg
- 1 Tablespoon minced freeze-dried chives
- 3 Tablespoons (24 g) flour or gluten-free flour blend
- 2 Tablespoons (16 g) grated Parmesan cheese
- Freshly ground black pepper
- 1/4 cup (60 ml) neutral oil, such as light olive oil

For serving: tzatziki sauce or lemon-dill sauce



Instructions:

1. Trim and grate zucchini. Place grated zucchini in a large colander in the sink, or fine-mesh strainer over a bowl. Add salt and toss to coat. Let stand, stirring occasionally, 10-15 minutes. In another bowl, mix together egg, chives, flour, Parmesan, and black pepper.
2. Lay out a clean kitchen towel on the counter. Transfer zucchini to center of towel, bring the corners of the towel together, and wring out zucchini over the sink or a bowl to remove as much liquid as possible. Add grated zucchini to egg mixture and mix again.
3. Heat a large skillet over medium-high heat. Add oil; swirl to coat the bottom of the pan. Using a tablespoon-sized cookie scoop, drop zucchini mixture in 6 mounds onto skillet, then use the back of the scoop to flatten the mounds.
4. Cook 3 minutes per side, or until golden brown on both sides. Serve warm with pre-made tzatziki or homemade lemon-dill sauce.

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Notes:

1. To reheat fritters, heat at 350 degrees F (176 degrees C) in an air fryer for 4-5 minutes, or in the oven on a sheet pan for 10-15 minutes.
2. For a gluten-free version, use a gluten-free flour blend in place of the all-purpose flour.

Questions? Email me Marie@MarieSaba.com and I'll be happy to help!