

Parsnip Fritters

Contributed by Charlotte B, Hopelink Harvest demo volunteer

Ingredients:

- 4 cups vegetables, grated (parsnips, carrots, kohlrabi, sweet or regular potato, or combination)
- 1/4 cup flour
- 2 eggs
- 1 tsp baking powder
- 1/2 tsp salt, pepper to taste
- Oil for frying

Method:

1. Wrap grated vegetables in towel and squeeze out as much water as possible.
2. Beat two eggs. Mix dry ingredients together. Add eggs, dry ingredients, and grated vegetables to large bowl and mix to combine.
3. Heat a thin layer of oil in skillet over medium-high heat until shimmering. Scoop 1/4 cup or less fritter mixture to skillet and flatten with spatula. Fry fritter over medium-high heat until edges are golden, then flip (carefully!) and cook until golden on both sides. Set aside on paper towels to drain. Repeat, adding oil to skillet as needed.

Horseradish Aioli Ingredients:

- 1/2 cup mayonnaise, yogurt or sour cream
- 1 tsp (or more) horseradish, to heat preference
- 1 tsp lemon juice
- Salt and pepper to taste

Horseradish Aioli Method: Mix together mayonnaise, horseradish, and lemon juice. Add salt, pepper and lemon zest to taste.

More recipes at www.hopelink.org/need-help/food/healthy-recipes

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Growing Connections to Fresh Food

