

Quick and Crispy Veggie Fritters

Inspired by justataste.com

Contributed by Blair D., Hopelink Harvest volunteer

Ingredients:

- 2 cups zucchini, shredded
- 2 cups carrots, shredded
- 2 cloves garlic, minced
- 2/3 cup flour
- 2 large eggs, lightly beaten
- 1/3 cup scallions, sliced (green and white parts)
- 2 Tablespoons olive oil
- ¼ teaspoon salt, 1/8 teaspoon pepper
- *Optional:* sour cream or yogurt, for serving

Method:

1. Put shredded zucchini into colander, sprinkle lightly with salt. Let sit for 10 minutes then squeeze with hands to remove as much liquid as possible.
2. Transfer to large bowl and add carrots, garlic, flour, eggs, scallions, 1/4 teaspoon salt and 1/8 teaspoon pepper. Stir mixture until well-combined.
3. Line a plate with paper towels. Place large sauté pan over medium-high heat and add olive oil. Once oil is shimmering, scoop 3-tablespoon mounds of vegetable mixture into pan, flattening with spoon and spacing at least 1 inch apart.
4. Cook for 2-3 minutes, then flip once and continue cooking 1 to 2 minutes more until golden brown and crispy. Transfer to paper towels, season with salt and repeat the cooking process with rest of mixture.
5. Serve immediately and top with optional sour cream or yogurt.

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Growing Connections to Fresh Food

