

# ZUCCHINI FRITTERS

*Crisp on the outside and full of tender zucchini, these fritters are easy & healthy... and also perfect with a dollop of sour cream and a sprinkle of chives!*

## INGREDIENTS

1 pound zucchini, grated after ends trimmed  
1/2 teaspoon salt  
2 cloves of garlic, minced  
1/4 cup grated hard cheese  
1/4 cup flour

1 large egg, beaten  
salt & pepper to taste  
1-2 tablespoons olive oil  
sour cream & chives if desired

## DIRECTIONS

- Stir the 1/2 teaspoon salt into grated zucchini and place in a colander over sink. Let sit for 10 minutes. Drain zucchini by squeezing it in a clean dish towel or cheese cloth.
- In a large bowl, combine zucchini, garlic, cheese, flour, egg, and salt and pepper. Mix well.
- Heat olive oil in a skillet over medium high heat.
- Scoop a tablespoon of the batter for each fritter. Place it in the skillet and flatten it well with a spatula. Cook 2 minutes or until golden brown on one side.
- Flip each fritter and cook 1-2 minutes longer on the second side.
- Transfer the fritters to a paper towel until all fritters are finished.
- Serve immediately, garnished with a bit of sour cream and chives.

