

Zucchini and Corn Fritters

Makes 3-4 servings

These simple fritters are a great way to use summer vegetables. Your child can help by mixing the fritter batter.

Ingredients

- ½ cup chickpea, whole-wheat, or all-purpose flour
- 1 teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon black pepper
- ½ teaspoon cumin powder (optional)
- 2 medium zucchini, grated
- 1 ear of corn, kernels removed
- 2 scallions, thinly sliced
- ¼ cup basil or parsley, finely chopped
- 2 tablespoons olive or vegetable oil
- ½ cup Greek yogurt



Photo: The Kitchn

Directions

1. In a large bowl, whisk together the flour, salt and spices.
2. Add the grated zucchini and let the mixture sit for 10 minutes. The flour will absorb the liquid from the zucchini.
3. Add the corn, scallions, and herbs and mix to combine.
4. Heat 1 tablespoon of oil in a large pan set over medium heat.
5. Scoop ¼ cup portions of the batter into the pan (as many as will fit without touching). Cook the fritters until the bottoms are golden brown, about 4 minutes. Flip and cook until the other side is browned, about 3 to 4 minutes.
6. Repeat with the remaining oil and batter.
7. Serve the fritters warm with Greek yogurt for dipping.

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