

# ZUCCHINI FRITTERS

YIELD: 4 SERVINGS    PREP TIME: 15 MINUTES    COOK TIME: 10 MINUTES  
TOTAL TIME: 25 MINUTES

*These fritters are unbelievably easy to make, low calorie, and the perfect way to sneak in some veggies!*



## INGREDIENTS:

- 1 1/2 pounds zucchini, grated
- 1 teaspoon salt
- 1/4 cup all-purpose flour
- 1/4 cup grated Parmesan
- 2 cloves garlic, minced
- 1 large egg, beaten
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons olive oil

## DIRECTIONS:

1. Place grated zucchini in a colander over the sink. Add salt and gently toss to combine; let sit for 10 minutes. Using a clean dish towel or cheese cloth, drain zucchini completely.
2. In a large bowl, combine zucchini, flour, Parmesan, garlic and egg; season with salt and pepper, to taste.
3. Heat olive oil in a large skillet over medium high heat. Scoop tablespoons of batter for each fritter, flattening with a spatula, and cook until the underside is nicely golden brown, about 2 minutes. Flip and cook on the other side, about 1-2 minutes longer.
4. Serve immediately.

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Adapted from [Five Heart Home](#)

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<http://damndelicious.net/2014/04/02/zucchini-fritters/>