

ZUCCHINI CORN FRITTERS

A Dish Recipe



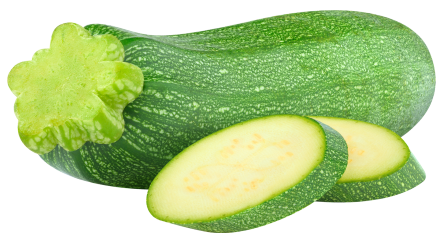
Makes: 10 Fritters

Ingredients:

1 cup grated zucchini
1 cup corn (fresh, canned or frozen
- defrosted & drained if frozen)
1/2 cup whole wheat flour
1 egg
1/2 cup grated cheddar cheese
1/4 cup milk
1 tsp. baking powder
1/4 tsp. salt
1/4 tsp. onion powder
Oil for cooking

Instructions:

1. Place zucchini in the middle of a paper towel. Squeeze out as much liquid as you can.
2. Place drained zucchini with all the other ingredients (except the oil) in a medium bowl.
3. Mix to combine everything.
4. In a large skillet, warm the oil over medium heat. Once the oil is hot, use a heaping Tablespoon to portion the fritter batter into the hot pan.
5. Cook for 2-3 minutes or until the fritter starts to turn golden brown. Flip, gently pressing down to flatten the fritter a bit and cook for another 2 minutes or until cooked through.
6. Remove from pan and enjoy warmed with sour cream or dipping sauce of choice.



Recipe from: thenaturalnurturer.com/zucchini-and-corn-fritters