



Zucchini Fritters

SERVINGS

6

TIME

30 minutes

INGREDIENTS

- 1 pound zucchini (about 2)
- 1 teaspoon coarse salt
- 2 scallions, very thinly chopped
- 1 large egg, lightly beaten
- black pepper
- ½ cup all-purpose flour
- ½ teaspoon baking powder
- Grape seed oil for sauteing
- 1 cup sour cream
- 1 or 2 tablespoons lemon juice
- ¼ teaspoon lemon zest
- pinch of salt
- small clove of garlic

EQUIPMENT

- Food processor or grater
- Large bowl (2) + small bowl (2)
- Towel
- Measuring cups and spoons
- Spatula and small whisk
- Skillet + spatula to flip
- Baking sheet

DIRECTIONS

- Preheat oven to 200°
- Cut ends off zucchini and grate using a food processor or large box grater. We recommend keeping the skin on the zucchini. Place shredded zucchini in a bowl and add salt. Toss to combine. Let sit for 10 minutes to allow the water to be extracted. Scoop the shredded zucchini up into an old clean dishtowel and wring out the water.
- Place shredded zucchini in a dry bowl, add ¼ teaspoon salt, egg, scallions, and a large pinch of pepper. Stir to combine.
- In a small bowl, combine flour and baking powder. Stir to combine and then add to zucchini batter. Stir.
- Heat a cast iron skillet over medium high heat. Add a couple of tablespoons of oil. Scoop out the batter using a standard size ice cream scoop and drop onto the pan and flatten a bit with a spatula. Cook 3-4 minutes until golden brown on the bottom and flip. Cook 2-3 more minutes and transfer to a plate lined with a paper towel. Transfer to a baking sheet in a warm oven for about 10 minutes to crisp.
- Combine sour cream, lemon juice, lemon zest, salt, and garlic in a bowl and combine. Place a dollop on top of each fritter and enjoy!

TIPS TO INVOLVE THE KIDS

- Take all the ingredients out before you start measuring.
- Have the kids help grate the zucchini.
- Have the kids crack the egg, measure out remaining ingredients, and combine the mixture.
- Have the kids help scoop the batter using an ice cream scoop.

