

Zucchini Fritters



Makes:

10 - 12 patties, 2 patties per serving

Utensil:

Saladmaster Food Processor
8" Chef's Gourmet Skillet
medium mixing bowl

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Contributed By:

Chef Sergio Corbia
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Recipe Description:

This low fat, low calorie recipe will have your kids wanting for more. And better yet, they'll be asking you to help you make it!

Watch Chef Sergio prepare these yummy zucchini fritters.

2
cups
zucchini, shredded, use Cone #1
(248
g)
1
tablespoon
herb of choice, chopped (see tips)
(2 - 4
g)
2
green onions, chopped
1
egg₁?₄

cup
feta cheese, crumbled
(38
g)

$\frac{1}{3}$

cup
whole wheat flour
(40
g)
salt and pepper, to taste

Directions:

1. Place all ingredients in bowl and mix well.
2. Preheat skillet on medium-low heat. When several drops of water sprinkled on skillet skitter and dissipate, use spoon to scoop mixture into pan, flatten with back of the spoon to create patty approximately 4 inches (10 cm) in diameter; cook 2 to 3 patties at a time. Cover with 3 Qt. Sauce Pan or 9" Small Skillet cover and cook for approximately 4 minutes until golden brown. Turn patties and cook other side, approximately 4 minutes, until golden brown.

Tips:

- Tasty herbs for this dish are rosemary, tarragon, sage and parsley.

Nutritional Information per Serving

Calories:

64

Total Fat:

2g

Saturated Fat:

1g

Cholesterol:

41mg

Sodium:

87mg

Total Carbs:

8g

Dietary Fiber:

1g

Sugar:

1g

Protein:

3g

Analysis based on 12 patties, 2 patties per serving