



# Zucchini Fritters

Prep: 10 minutes | Inactive: 15 minutes | Cook: 15 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: 2 fritters

## Ingredients

2 medium zucchini, shredded or grated (about 2-3 cups)

½ small onion, grated or finely chopped (about ¼ cup)

¼ teaspoon salt

½ cup whole-wheat flour

2 large eggs, lightly beaten

¼ teaspoon ground black pepper

⅛ teaspoon cayenne

¼ teaspoon garlic powder

Nonstick cooking spray

## Directions

1. Place the zucchini and onion in a colander (strainer) and toss with salt. Place the colander inside a bowl.
2. Place a clean plate or bowl on top of the zucchini-onion mixture, then weigh it down with something heavy such as cans of food. Let drain for 10-15 minutes, then discard the liquid in the bowl.
3. Pat the zucchini-onion mixture dry with paper towels to remove any remaining excess liquid.
4. Wipe out the empty bowl to dry it, then add the zucchini-onion mixture, flour, eggs, black pepper, cayenne, and garlic powder. Stir until just combined and there isn't any dry flour left.
5. Heat a large nonstick skillet over medium heat and coat the inside of the pan with nonstick spray.
6. Working with ¼ cup at a time, scoop the batter into the hot pan, leaving some space between each portion. Cook on each side until golden-brown, about 2-3 minutes. Repeat with any remaining batter, spraying the pan with more cooking spray in between batches if needed.
7. Serve warm.

**Nutrition Facts Per Serving: Calories: 90 | Total Fat: 2.5 g | Saturated Fat: 1 g  
Sodium: 150 mg | Total Carbohydrate: 12 g | Dietary Fiber: 2 g | Protein: 6 g**

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