

PARMESAN ZUCCHINI FRITTERS

Adapted from: <http://www.delish.com/cooking/recipe-ideas/recipes/a54809/parmesan-zucchini-fritters-recipe/>

Serves: 4

INGREDIENTS:

For the fritters:

- 1 lb. zucchini (about 2 large)
- ½ onion, finely chopped
- 3 large eggs, beaten
- ½ tsp. garlic powder
- Salt & Pepper
- ½ cup grated Parmesan
- ¾ cup all-purpose flour
- 1 ½ tbsp. extra virgin olive oil

MATERIALS NEEDED:

- Box Grater
- Skillet
- Bowl
- Measuring Cup
- Knives
- Cutting Board
- Paper Towels (or cheesecloth)



INSTRUCTIONS:

1. Grate zucchini on large holes of a box grater. Sprinkle in salt to the zucchini, let it sit for about 10 minutes to release excess moisture. Squeeze out the excess moisture from the zucchini. You can use your hands, or a cheesecloth.
2. In a large bowl, combine shredded zucchini with onion, eggs, and garlic powder. Season with salt and pepper and stir to combine. Mix in Parmesan and flour and stir until fully incorporated.
3. In a large skillet over medium-high heat, heat olive oil. For each fritter, scoop ¼ cup batter into skillet and cook until golden, 2 minutes per side.
4. Serve fritters with sauce.

Brought to you by the
Student Health Advocate Program
SHA.UCSD.EDU | 858.534.1824
Follow us @UCSDSHA



