

Making it delicious

Zucchini Corn Fritters

THE
Open
Door

Ingredients

- 1 cup grated zucchini
- 1 cup corn (fresh, canned or 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

*Drain canned corn, and thaw and drain frozen corn before using.



Instructions

- Place zucchini in the middle of a paper towel. Squeeze out as much liquid as you can.
- Place drained zucchini with all the other ingredients (except the oil) in a medium bowl.
- Mix to combine everything.
- 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.
- 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.
- Remove from pan and enjoy warmed with sour cream or dipping sauce of choice.

Recipe adapted from thenaturalnurturer.com "10-Minute Zucchini and Corn Fritters"

SERVINGS: 8 | PREP TIME: 20 MIN

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