



HEALTHY FOOD
FOR ALL

Vegetable Fritters

Ingredients

- Any 2 cups of grated vegetables
- 1 egg
- 1/2 cup all-purpose flour
- 1 garlic clove minced (optional)
- 1/4 cup parsley chopped or other seasoning (optional)
- 1 tsp. salt or to taste
- 1 tsp. pepper or to taste
- Oil for frying or baking
-

Instructions

1. Wash and grate vegetables. Squeeze handfuls tightly to remove extra water. Place it into a large mixing bowl.
2. Add beaten eggs, flour, garlic, parsley, salt, and pepper. Stir well to combine.
3. Place one heaping tablespoon at a time of the mixture onto your sheet pan, and flatten out the tops slightly to make the fritters even. Bake for about 20 minutes at 375°F.

Tips:

- You can use different veggies to suit your taste and the season. Anything goes, even shredded lettuce or other greens! Same with seasonings.
- This recipe keeps it simple with veggies, eggs, flour, and seasoning, but you can add a ½ cup of cooked rice, quinoa, beans (chopped or mashed) or bread crumbs to make it more filling and stretch your veggies. ½ cup Shredded cheese or grated parmesan can also be added. As long as the dough sticks together you're ok! If not, add a second egg.
- Serve with dip like yogurt, ketchup, thousand island dressing like a crab cake, applesauce, or hot sauce.
- Serve over fresh salad greens to make a full plate.
- Put an egg on top for breakfast or put in a bun for a veggie burger.
- For extra special finish, fry for a few minutes on each side in oil.
- Make in a batch and freeze for quick snacks and meals.