

Crispy Squash Croquettes: Easy & Flavorful Side Dish

I'm always excited to find creative ways to make vegetables truly shine, and these



OVEN
375°F

TIME
10 min

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

2 cups grated yellow squash (about 2 medium squash)
½ teaspoon salt (for drawing out moisture)
... cup finely chopped onion (yellow or white onion)
¾ cup shredded cheddar cheese
... cup all-purpose flour
... cup cornmeal (fine or medium grind)
1 large egg, beaten
½ teaspoon garlic powder
... teaspoon black pepper
2 tablespoons chopped fresh parsley (optional, for freshness and color)
Vegetable oil, for frying (canola, corn, or light olive oil)

Swaps and Notes:

Squash: While yellow squash is traditional, you can use zucchini or a mix of summer squashes. Ensure it's well grated and, crucially, thoroughly squeezed of excess moisture.

Onion: Finely chopped onion is best for integrating smoothly into the croquette. You could use finely minced shallots for a milder flavor.

Cheese: Sharp cheddar offers great flavor, but you could also use Monterey Jack, Gruyère, or a Parmesan blend for a different cheesy note.

Flour & Cornmeal: This blend creates the perfect texture and crispness. You can adjust the ratio slightly based on preference, or use gluten-free

all-purpose flour for a GF version.

Herbs: Fresh parsley adds brightness. You could also try a touch of fresh dill or chives for a different flavor profile.

Spice: A tiny pinch of cayenne pepper or red pepper flakes can be added to the mixture for a subtle kick.

Consistency Check: If your mixture feels too wet after combining, add a tiny bit more flour or cornmeal (1 teaspoon at a time) until it's firm enough to shape. If too dry, add a touch more beaten egg.

Directions:

Prepare the Squash (Crucial Step!): Start by grating your yellow squash. Place the grated squash in a colander. Sprinkle it with $\frac{1}{2}$ teaspoon of salt and toss gently. Let it sit for about 10 minutes.

The salt will draw out a significant amount of moisture. After 10 minutes, wrap the grated squash in a clean kitchen towel (or several layers of paper towels) and give it a good, firm squeeze to extract as much liquid as possible. This step is key to crispy croquettes!

Combine Croquette Mixture: In a large mixing bowl, combine your well-drained and squeezed grated squash with the finely chopped onion, shredded cheddar cheese, all-purpose flour, cornmeal, beaten egg, garlic powder, black pepper, and the fresh parsley if you're using it. Mix everything together with a spoon until it's fully combined and forms a cohesive mixture. The mixture should hold together when pressed; if it feels too wet, add a little more flour (1 tablespoon at a time) until it's just right.

Shape the Croquettes: Scoop about 2 tablespoons of the mixture for each croquette. Using your hands, shape them into small patties or oval croquettes, about 2-3 inches in diameter and $\frac{1}{2}$ inch thick. Gently press them to ensure they are compact.

Heat Oil & Fry: Heat about $\frac{1}{2}$ inch of vegetable oil in a large skillet (a cast-iron skillet works wonderfully) over medium heat. The oil should be hot but not smoking. Test with a tiny bit of batter - it should sizzle immediately. Fry the croquettes in batches to avoid overcrowding the pan. Cook for about 2-3 minutes on each side, until they turn beautifully golden brown and are crispy. Remember not to overcrowd the pan, as this will lower the oil temperature and lead to soggy, not crispy, results.

Drain and Serve: Once done, transfer the fried croquettes to a paper towel-lined plate to absorb any excess oil. Serve these beauties hot, paired with your favorite dipping sauce like ranch dressing, spicy mayo, or a zesty squeeze of fresh lemon. Enjoy your crispy, flavorful snack!

Tips for Success:

Squeeze Squash Vigorously: This is the absolute most important step. Don't be gentle! The drier your squash, the crispier your croquettes.

Uniform Patty Size: Shape your croquettes to be roughly the same size and thickness for even cooking.

Don't Overcrowd the Pan: Frying in batches ensures consistent oil temperature and prevents steaming, leading to crispier results.

Maintain Oil Temperature: Keep the oil at a consistent medium heat. Too low, and the croquettes will be greasy; too high, and they'll burn before cooking through.

Serve Hot: Croquettes are best enjoyed immediately after frying when they are at their peak crispness.

Serving Suggestions and Pairings:

A savory snack or appetizer with various dipping sauces.

A side dish for grilled chicken, fish, or pork chops.

Part of a brunch spread alongside eggs and bacon.

DIRECTIONS

- 1. Prepare the : Squash (Crucial Step!):** Start by grating your yellow squash. Place the grated squash in a colander. Sprinkle it with $\frac{1}{2}$ teaspoon of salt and toss gently. Let it sit for about 10 minutes. The salt will draw out a significant amount of moisture. After 10 minutes, wrap the grated squash in a clean kitchen towel (or several layers of paper towels) and give it a good, firm squeeze to extract as much liquid as possible. This step is key to crispy croquettes!
- 2. Combine : Croquette Mixture:** In a large mixing bowl, combine your well-drained and squeezed grated squash with the finely chopped onion, shredded cheddar cheese, all-purpose flour, cornmeal, beaten egg, garlic powder, black pepper, and the fresh parsley if you're using it. Mix everything together with a spoon until it's fully combined and forms a cohesive mixture. The mixture should hold together when pressed; if it feels too wet, add a little more flour (1 tablespoon at a time) until it's just right.
- 3. Shape the : Croquettes:** Scoop about 2 tablespoons of the mixture for each croquette. Using your hands, shape them into small patties or oval croquettes, about 2-3 inches in diameter and $\frac{1}{2}$ inch thick. Gently press them to ensure they are compact.
- 4. Heat : Oil & Fry:** Heat about ... inch of vegetable oil in a large skillet (a cast-iron skillet works wonderfully) over medium heat. The oil should be hot but not smoking. Test with a tiny bit of batter - it should sizzle immediately. Fry the croquettes in batches to avoid overcrowding the pan. Cook for about 2-3 minutes on each side, until they turn beautifully golden brown and are crispy. Remember not to overcrowd

the pan, as this will lower the oil temperature and lead to soggy, not crispy, results.

5. Drain and : Serve: Once done, transfer the fried croquettes to a paper towel-lined plate to absorb any excess oil. Serve these beauties hot, paired with your favorite dipping sauce like ranch dressing, spicy mayo, or a zesty squeeze of fresh lemon. Enjoy your crispy, flavorful snack!
6. Tips for Success: Squeeze Squash Vigorously: This is the absolute most important step. Don't be gentle! The drier your squash, the crispier your croquettes.
7. Uniform : Patty Size: Shape your croquettes to be roughly the same size and thickness for even cooking.
8. Don't : Overcrowd the Pan: Frying in batches ensures consistent oil temperature and prevents steaming, leading to crispier results.
9. Maintain : Oil Temperature: Keep the oil at a consistent medium heat. Too low, and the croquettes will be greasy; too high, and they'll burn before cooking through.
10. Serve : Hot: Croquettes are best enjoyed immediately after frying when they are at their peak crispness.
11. Serving Suggestions and Pairings: These Squash Croquettes are incredibly versatile and make a fantastic addition to many meals. They're perfect as:
12. A savory snack or appetizer with various dipping sauces.
13. A side dish for grilled chicken, fish, or pork chops.
14. Part of a brunch spread alongside eggs and bacon.
15. A light vegetarian main when served with a fresh green salad.
16. For other fantastic : Southern-inspired dishes, you might also enjoy:
17. My This : Tomato Skillet with Okra and Sausage is My Favorite Quick Dinner Packed with Southern Flavor.
18. Or a comforting bowl of : This Cajun Chicken Sausage Gumbo is My Favorite Bowl of Southern Comfort.
19. Storage and Leftover Tips: Squash croquettes are truly best enjoyed fresh and hot for maximum crispiness. If you do have leftovers, store them in an airtight container in the refrigerator for up to 2-3 days. To reheat and regain some crispness, place them in a single layer in a preheated toaster oven or conventional oven at 375°F (190°C) for a few minutes until heated through and crisp again. Avoid microwaving, as it will make them soggy.
20. More Recipes You Will Love: If you loved the easy, comforting, and flavorful nature of these squash croquettes, you'll find similar satisfaction in these other fantastic recipes:
21. For another comforting meat dish, check out : These Easy Turkey Wings are My Favorite Comfort Food for Lazy Sundays.
22. If you're into quick and easy breakfast or brunch ideas, my This One-Pan Breakfast Bake Will Make You Skip is fantastic.
23. And for an effortless appetizer that's sure to impress guests, try This Baked Brie Appetizer Is My Favorite Effortless Way to Impress Guests.

24. **Final Thoughts:** These Squash Croquettes are a delightful way to enjoy the bounty of summer squash in a crispy, savory, and incredibly satisfying form. They're easy to make, packed with flavor, and versatile enough for any occasion. Whether you're making them for a party or just a simple weeknight side, they're sure to be a new favorite. Give them a try - you'll love these irresistible bites!
25. What are your favorite ways to use summer squash in your cooking? Share your ideas in the comments below, and don't forget to follow Chef Maniac for more delicious and inspiring recipes!

SWAPS & NOTES

Squash: While yellow squash is traditional, you can use zucchini or a mix of summer squashes.

Ensure it's well grated and, crucially, thoroughly squeezed of excess moisture.

Onion: Finely chopped onion is best for integrating smoothly into the croquette.

You could use finely minced shallots for a milder flavor.

TIPS FOR SUCCESS

Squeeze Squash Vigorously: This is the absolute most important step.

The drier your squash, the crispier your croquettes.

Uniform Patty Size: Shape your croquettes to be roughly the same size and thickness for even cooking.

Don't Overcrowd the Pan: Frying in batches ensures consistent oil temperature and prevents steaming, leading to crispier results.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/crispy-squash-croquettes-easy-flavorful-side-dish/>