

These Zucchini Fritters Are So Good, You'll Forget They're Healthy

There are several reasons why this zucchini fritter recipe stands out from the rest:



OVEN
400°F

TIME
15 min

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INGREDIENTS

- 2 medium zucchinis, grated
- 1 cup all-purpose flour (or gluten-free flour)
- 2 large eggs
- 1/2 cup grated Parmesan cheese
- 1/4 cup chopped fresh parsley
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Olive oil for frying

DIRECTIONS

- 1.** Prepare the : Zucchini: Start by grating the zucchinis using a box grater or food processor. Place the grated zucchini in a clean kitchen towel and squeeze out excess moisture. This step is crucial to ensure your fritters are crispy.
- 2.** Mix the : Ingredients: In a large mixing bowl, combine the grated zucchini, flour, eggs, Parmesan cheese, parsley, garlic, salt, and pepper. Stir until well combined. The mixture should be thick enough to hold its shape.
- 3.** Heat the : Oil: In a large skillet, heat about 1/4 inch of olive oil over medium heat. You can test if the oil is hot enough by dropping a small amount of the batter into the pan; it should sizzle immediately.
- 4.** Fry the : Fritters: Using a spoon or a small ice cream scoop, drop the batter into the hot oil, flattening them slightly with the back of the spoon. Fry for about 3-4 minutes on each side or until golden brown. Remove them from the skillet and place them on a paper towel-lined plate to absorb excess oil.

TIPS FOR SUCCESS

Experiment with Flavors: Feel free to add other herbs like dill or chives for a different flavor profile.

You can also mix in some shredded carrots or corn for added texture.

Make Ahead: You can prepare the batter ahead of time and store it in the refrigerator for up to 24 hours.

Just give it a good stir before frying.

