

Vegan Zucchini Fritters

This is a handy recipe to have around when there happens to be a few assorted vegetables but not enough of anything to make a full meal. These fritters have become a family favorite for sure and there is never a leftover in sight. That was even true today when we doubled the recipe in an attempt to use up more veggies from the garden!

Ingredients

4 cups shredded zucchini (about 4 medium-size zucchini) – sub out for any grated vegetable. I like summer squash but root vegetables are also good.

1 and 1/2 cups corn kernels (about 8 ounces) – fresh or frozen

3/4 cup finely chopped green onions (about 6 green onions)

1 finely chopped sweet pepper

1 and 1/4 cup chickpea flour

2 heaping teaspoons of your choice of italian seasoning, herbs provence, or garam masala

salt & pepper to taste

Directions

1. Grate zucchini, lightly salt and let sit in a colander to drain excess water while you prep the rest of the ingredients

2. Chop green onions and sweet pepper

3. Combine corn, green onions, chickpea flour, garlic, cumin, oregano, thyme, salt & pepper in large mixing bowl.

4. Press zucchini into sieve to remove last bit of water and

add to the veggie and flour mixture.

5. Stir together until well combined. Allow to sit for at least 5 minutes. This step is important because the flour will absorb the moisture from the zucchini and create a batter.

6. Add water a TBL at a time if needed.

7. Warm a large non-stick skillet over medium heat.

8. Add coconut oil or sunflower oil for cooking oil. When oil is hot drop large TBL of mixture into the pan. After 3-4 mins flip and cook the remaining side.

Seve these after a large green salad with your choice of this herbed cashew cream or possibly this tomato chutney (replacing the brown sugar with maple syrup to taste). Both are equally delicious!