

Zucchini Fritters

Easy To Make & Delicious



TOTAL TIME

30 mins



SERVINGS

10 Fritters

INGREDIENTS

- 2 Cups Zucchini - Shredded
- 2 Cups Cooked Quinoa
- 3 Cloves Garlic - Diced
- 1 Small Yellow Onion - Diced
- 2 Tbsp Coconut Oil
- 2 Tbsp Ground Chia Seeds - 1 Chia Egg = 1 Tbsp Chia Per 2 Tbsp Water.
- 1 Cup Chopped Spinach
- 1/4 Cup Water
- 1/2 Cup Oat Flour
- 1 Handful Fresh Dill - Minced
- 1/4 Tsp Sea Salt

INSTRUCTIONS

1. Cook quinoa to bag specifications and set aside to chill.

Shred zucchini with food processor or grater. Measure out 2 cups, and squeeze out liquid with cheezecloth or towel.

Heat a large skillet to medium heat.

Once hot, add oil onion, and garlic.

Sauté for 3 minutes, or until the onion is tender and fragrant.

Add zucchini and sauté for another 2 minutes. Lastly, fold in chopped spinach. Set aside to cool.

Mix 2 tbsp of ground chia with 4 tbsp water in small bowl and set aside for 2 minutes.

In large bowl add vegetables, quinoa, dill and salt and mix well. Immediately add chia egg and stir. Finally, add the oat flour and stir until combined. Mixture should be moldable.

Take a 1/4 cup of the mixture and form into thin round patties.

Heat skillet with 1/2 tbsp coconut oil. Once hot add fritters. Make sure they are not touching each other.

Fry until golden brown, approximately 3-4 minutes on each side.

Remove from skillet place on paper towel to remove excess oil and serve.

Optional Toppings: Vegan Yogurt, Hummus, or Vegan Sour Cream.

Enjoy!

