

Zucchini Fritters

*Doug Kosch - Traverse City, MI
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Yield: 12 fritters

*1 container (6 ounce) 2% Greek yogurt
2 teaspoons lime juice
1 teaspoon lime zest
1 1/4 teaspoons salt, divided
1 1/2 pounds zucchini, shredded
2/3 cup sliced scallions
1/2 cup cilantro, chopped
1 egg yolk, beaten
1/3 cup all-purpose flour
1/2 teaspoon pepper
1/4 cup canola oil
chopped cilantro (for garnish)*

Preparation Time: 15 minutes

Cook Time: 18 minutes

Preheat the oven to 200 degrees.

In a small bowl, mix the yogurt, lime juice, lime zest and 1/4 teaspoon of the salt until smooth.

Squeeze the shredded zucchini in a clean kitchen towel until most of the moisture is absorbed.

In a medium bowl, combine the zucchini, scallions, cilantro, egg yolk, flour, remaining salt and the pepper.

In a large saute' pan, heat two tablespoons of the oil over medium-high heat. When shimmering, add the zucchini mixture in four 1/4 cup portions. Flatten the fritters with a spatula until they are three inches in diameter. (It will require three batches.) Cook the fritters for 3 minutes, until browned. Flip and cook for another 3 minutes.

Transfer the fritters to a baking sheet and place in the oven to keep warm. Continue cooking the fritters, adding one more tablespoonful of oil each time.

Serve with the lime yogurt and garnish with cilantro.

Per Serving (excluding unknown items): 829 Calories; 62g Fat (64.1% calories from fat); 18g Protein; 60g Carbohydrate; 11g Dietary Fiber; 213mg Cholesterol; 2723mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 3 Vegetable; 0 Fruit; 11 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	829	Vitamin B6 (mg):	.6mg
% Calories from Fat:	64.1%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	27.7%	Thiamin B1 (mg):	.9mg
% Calories from Protein:	8.2%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	62g	Folacin (mcg):	232mcg
Saturated Fat (g):	6g	Niacin (mg):	7mg
Monounsaturated Fat (g):	34g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	17g	Alcohol (kcal):	0
Cholesterol (mg):	213mg	% Refused:	0.00%
Carbohydrate (g):	60g	Food Exchanges	
Dietary Fiber (g):	11g	Grain (Starch):	2 1/2
Protein (g):	18g	Lean Meat:	1/2
Sodium (mg):	2723mg	Vegetable:	3
Potassium (mg):	2338mg	Fruit:	0
Calcium (mg):	332mg	Non-Fat Milk:	0
Iron (mg):	12mg	Fat:	11 1/2
Zinc (mg):	2mg	Other Carbohydrates:	0
Vitamin C (mg):	146mg		
Vitamin A (i.u.):	5316IU		
Vitamin A (r.e.):	596RE		

Nutrition Facts

Amount Per Serving

Calories 829 Calories from Fat: 531

% Daily Values*

Total Fat 62g	95%
Saturated Fat 6g	28%
Cholesterol 213mg	71%
Sodium 2723mg	113%
Total Carbohydrates 60g	20%
Dietary Fiber 11g	43%
Protein 18g	
Vitamin A	106%
Vitamin C	243%
Calcium	33%
Iron	64%

* Percent Daily Values are based on a 2000 calorie diet.