



ME Recipe: Spicy Zucchini Fritters



Ingredients:

- **1 medium zucchini, grated**
- **1 green onion, sliced**
- **1 tbs cilantro, minced**
- **1 tbs parsley, minced**
- **1 garlic clove, minced**
- **1 tsp red pepper flakes**
- **1 tsb grated fresh parmesan cheese (optional)**
- **1 egg**
- **4 tbs dry oat bran**
- **Sea salt and pepper to taste**

Directions:

Mix all ingredients together to make a “batter”. Drop small spoonfuls into a pan or griddle sprayed with non-stick cooking spray, and cook like pancakes. Makes 6 medium-sized fritters.