



ME Recipe: Zucchini Fritters

Towards late summer, zucchini can be found in abundance in all types of climates. Zucchini is easy to grow, spreads like crazy and most often people have more than they can handle (which is also often why you might find tons of free zucchini in your office break room. 😊) I love grilled zucchini and zucchini bread but was looking for additional recipes. I made these fritters alongside grass fed burgers for a great summer meal!

Adapted from *Food Network.com*

Ingredients:

- 1 medium to large zucchini
- 2 green onions, chopped
- ½ tbsp. dried dill (or 1 tbs. fresh dill)
- ½ tbsp. dried parsley
- 1 egg beaten
- 1/8-1/4 c. coconut flour
- Salt and pepper to taste

Shred zucchini in a colander in the sink and stir in 1 tsp. salt. Let sit for 10 minutes and then squeeze out all liquid. Mix shredded zucchini and rest of ingredients. If mixture seems too wet, add a bit more coconut flour. Heat pan on medium to high heat and spray with cooking spray or olive oil. Pan fry spoonfuls of mixture, flattening with spatula. Cook until golden brown on each side. Drain on paper towels and add more salt if desired.