Zucchini Fritters

Prep: 10 minutes | Inactive: 15 minutes | Cook: 15 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: 2 fritters

Ingredients

- 2 medium zucchini, shredded or grated (about 2-3 cups)
- ½ small onion, grated or finely chopped (about ¼ cup)
- ¼ teaspoon salt
- ½ cup whole-wheat flour
- 2 large eggs, lightly beaten
- ¼ teaspoon ground black pepper
- ⅛ teaspoon cayenne
- ¼ teaspoon garlic powder
- Nonstick cooking spray

Directions

1. Place the zucchini and onion in a colander (strainer) and toss with salt. Place the colander inside a bowl.

2. Place a clean plate or bowl on top of the zucchini-onion mixture, then weigh it down with something heavy such as cans of food. Let drain for 10-15 minutes, then discard the liquid in the bowl.

3. Pat the zucchini-onion mixture dry with paper towels to remove any remaining excess liquid.

4. Wipe out the empty bowl to dry it, then add the zucchini-onion mixture, flour, eggs, black pepper, cayenne, and garlic powder. Stir until just combined and there isn’t any dry flour left.

5. Heat a large nonstick skillet over medium heat and coat the inside of the pan with nonstick spray.

6. Working with ¼ cup at a time, scoop the batter into the hot pan, leaving some space between each portion. Cook on each side until golden-brown, about 2-3 minutes. Repeat with any remaining batter, spraying the pan with more cooking spray in between batches if needed.

7. Serve warm.