



Crispy Zucchini Fritters

SERVINGS: 15

PREPPING TIME: 10 MINS

COOKING TIME: 20 MINS

INGREDIENTS

- 2 cups zucchini, shredded (about 2 small zucchini)
- 1 large egg
- 1/2 cup whole-wheat panko breadcrumbs
- 1/4 cup almond flour
- 1/2 cup shredded reduced-fat cheddar cheese
- 1 tsp. Italian seasoning
- Salt and pepper to taste

DIRECTIONS

1. Preheat the oven to 425°F (220°C) and grease a baking sheet or line a baking sheet with parchment paper. In a large bowl, combine shredded zucchini, egg, breadcrumbs, almond flour, cheese, Italian seasoning, salt, and pepper.
2. Shape the mixture into small fritters, using about 1 tablespoon per fritter. Place on the prepared baking sheet.
3. Bake for 20-25 minutes, turning halfway through, until golden brown.
4. Enjoy with your favorite dip (ketchup, sweet chili sauce, etc).

NUTRITION

Serving size: 3-4 fritters (82g)
(per serving) 100 calories, 4.5g fat, 1g saturated fat, 40mg cholesterol, 250mg sodium, 8g carbohydrate, 1g fiber, 2g sugar, 6g protein