

ZUCCHINI FRITTERS

Looking for an easy way to make your meal special? Zucchini fritters are the perfect answer. They are a delicious side dish and are a fun way to use up summer zucchini. The most important part of making fritters is to squeeze as much water as possible from your zucchini, so when you think you've got it all, give it another squeeze. This recipe makes 4 servings. Each serving is two fritters and covers your vegetable for one meal. There is 1 ounce of protein included, so add 2 oz of additional protein on the side. Enjoy!



INGREDIENTS

3 medium-large zucchinis, grated (about 8 cups loosely packed)

1 tsp Pink Himalayan salt

1/2 cup almond flour (finely ground, blanched)

1 Tbsp Nutritional Yeast

2 pastured eggs

4 cloves garlic, minced

2 Tbsp avocado oil

Optional seasoning choices: 1/4 chopped green onions or fresh parsley, 1-2 tsp Italian seasoning, 1/2-1 tsp cumin, 1/2 tsp crushed red pepper, or any seasoning you prefer

INSTRUCTIONS

Place grated zucchini and salt into a large colander and mix well. Drain over the sink for 10-15 minutes. Salt will help pull the water out of the zucchini.

Squeeze excess water from the zucchini with your hands, then place into a kitchen towel. Squeeze and twist over the sink to drain as much water as possible from the zucchini. You can even squeeze it even more with paper towels to get as dry as possible.

Place zucchini into a large bowl and add almond flour, nutritional yeast, eggs, garlic and any seasonings - mix well.

Heat oil in a large skillet over medium-high heat. Once hot, scoop large spoonfuls (think of a very full ice cream scoop) of the batter onto the skillet. Flatten to about 1/4 to 1/3 inch thick. Fry about 2 minutes each side or until golden brown.

NOTES: If you like, top your fritters with dairy-free sour cream.

COCONUT CREAM SOUR CREAM

INGREDIENTS

1 can coconut milk, refrigerated at least one hour
1/8-1/4 cup unsweetened coconut or almond milk (optional)
1 Tbsp fresh lemon juice
1/2-1 Tbsp Braggs apple cider vinegar, to taste
1 tsp extra-virgin olive oil
Pink Himalayan salt pinch, to taste

DIRECTIONS

Open the can of coconut milk and scoop out the hardened coconut cream that has separated and risen to the top, and place it into a bowl. Do not use the liquid milk in this recipe.

For less of a coconut flavor, add the optional unsweetened almond milk. If the coconut cream is chunky, heat it very briefly in the microwave to soften it. Add the lemon juice and vinegar and mix well. Then add the oil and salt, mixing well. Taste and add more lemon juice or vinegar if you like more acid.

Refrigerate for 30 minutes or until set. You may need to stir/whip it well again if the coconut cream hardens. Just set it out a couple of minutes or briefly microwave it.

One serving is a 1/4 cup and covers your fat for one meal.