



ZUCCHINI FRITTERS

INGREDIENTS

Use organic ingredients where possible.

- 2 cups grated vegetables (zucchini, carrot or sweet potato)
- 2 free-range eggs
- ½ cup onion, finely chopped/ grated
- 1 clove garlic chopped finely, optional
- salt and pepper to taste
- Butter or coconut oil for frying
- Sea salt and pepper to taste
- Leafy greens of choice (spinach, arugula, lettuce, dandelion or other bitter greens)

INSTRUCTIONS

1. Grate the zucchinis with the skin on and add some salt. Let the mixture stand while you chop the onion.
2. Squeeze the vegetables in order to get rid of excess water, and then mix with the onion, the spices, and the eggs.
3. In a frying pan, heat the oil or butter and fry the batter in batches of 4 small pancake-sized fritters for about 2 minutes each side.

NOTE

Delicious served with a large green salad dressed with lemon, olive oil salt and pepper.