

Zucchini Fritters

Ingredients:

- 4 cups grated zucchini
- ½ tsp salt
- 1 large egg
- 1 tsp Italian seasoning
- 2 cloves minced
- Olive oil

Directions:

1. Place zucchini and salt into a colander and mix together. Drain over the sink for 10 minutes.
2. Wrap the zucchini in a clean kitchen towel. Squeeze and twist over the sink to drain as much water as possible.
3. Place the zucchini in a large bowl. Add remaining ingredients and stir.
4. Heat a drizzle of olive oil in a large skillet over medium-high heat for about 2 minutes. Spoon rounded tablespoonfuls of zucchini batter onto the skillet and flatten to about 1/4 to 1/3 inch thick. Fry for about two minutes on each side, until golden brown.
5. Top with parsley to finish.

Servings: Makes 2 servings (half the recipe is one serving) which includes 2 cups of select vegetables, 0.5oz of protein, the daily amount of salt and healthy oil.