

Zucchini Fritters

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 2 medium zucchini, grated and excess water drained with a cheesecloth
- 1/2 cup grated goat cheddar*, parmesan cheese or daiya cheese**
- 1/2 red onion finely chopped
- 1 tsp garlic powder or 2 garlic cloves, minced
- 1/2 cup quinoa flour, brown rice flour or almond flour
- 1 tsp dried rosemary
- 1 tsp dried basil
- Pinch sea salt and pepper
- 1 tsp coconut oil

Instructions:

1. Preheat oven to 350F degrees.
2. In a large bowl, combine grated zucchini, cheese, onion, garlic, quinoa flour, dried herbs and seasoning. Form into patties.
3. Melt coconut oil over medium heat in a large pan. Cook fritters for 5 minutes and flip. Cook for another five. Be careful not to let them burn. You just want to sear the outside.
4. Place on parchment lined or greased baking sheet. Bake in oven for 20-25 minutes.
5. Makes about 10, 3-4 inch fritters.

Notes:

*Goat cheddar is simply hard goat cheese. It is similar in consistency to cheddar. You can find it in grocery stores that have a wide variety of cheeses or at a health food store.

**Daiya cheese is a dairy-free, vegan cheese alternative you can find at the health food store.