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## **Greek Zucchini Fritters**

Adapted from Cook's Country August/September 2014



**Servings: 12 Fritters**

Summer is heralded by the appearance of zucchini in the garden; these crisp but tender fritters are on the spectrum between pancakes and latkes. The fresh herbs and feta cheese transform them into Mediterranean delights packed with flavor.

### **Ingredients**

- 1 ½ pound zucchini (about 3 medium), trimmed
- 1 ½ teaspoon salt
- 1 large egg, lightly beaten
- 2 tablespoons minced fresh dill
- 2 tablespoons minced fresh mint
- 1 ½ cup crumbled feta cheese
- 2 medium garlic clove, minced
- 1 teaspoon black pepper
- 6 tablespoons of cornstarch
- ¼ cup of olive oil
- Lemon wedges, for serving

### **Instructions**

1. Shred the zucchini on the large holes of a box grater or in a food processor fitted with the shredding disk. Transfer the zucchini to a fine mesh strainer and set over a bowl. Toss the zucchini with the salt and let it sit for 10 minutes. Place the zucchini in a cheese cloth or kitchen towel. Wring all of the excess liquid out of the zucchini with your hands, and then set aside.
2. Beat the egg in a large bowl. Mix in the dried zucchini, dill, feta, garlic and black pepper. Sprinkle the corn starch over mixture and stir until uniformly incorporated.
3. Heat 2 tablespoons olive oil in a large non-stick skillet over medium-high heat. Drop 6 ¼ cup portions of batter into pan. Gently press each fritter to 2 ½ inch diameter with spoon or spatula. Pan-fry until golden brown on both sides, 3-4 minutes per side. Transfer the fritters to a paper towel-lined plate. Wipe the skillet clean with paper towels. Return the skillet to medium heat, add the remaining 2 tablespoons olive oil, and repeat with remaining batter. Serve warm or room temperature with lemon wedges.

**Nutrition, Vitamins and Minerals:** Zucchini is a variety of summer squash with dark-to light-green mottled skin. Though raw zucchini is mostly water, it does offer some essential vitamins and minerals. **Most of the vitamins and minerals in zucchini are found in the skin.** One medium raw zucchini has 33 calories, 2.37 g of protein, 6.1 g of carbohydrates and 2 g of fiber. Zucchini and other dark green vegetables are a good source of **vitamin A**. Vitamin A is necessary for growth and development and for proper immune system function. One medium zucchini has 392 international units of vitamin A. The daily amount of vitamin A recommended by the Institute of Medicine is 3,000 IU for men and 2,333 IU for women. Zucchini is also a source of **vitamin C**, which is a water-soluble vitamin that functions as an antioxidant. Zucchini is a source of **potassium**, a mineral essential for the function of all organs, tissues and cells in your body. One medium zucchini provides 512 mg of potassium. The Institute of Medicine recommends that adults consume 4,700 mg of potassium daily. Zucchini also provides **phosphorus**, which is an important structural component of bones and cell membranes.

**Selection, Storage and Uses:** When purchasing zucchini, choose zucchini that are **firm and heavy** for their size. Fresh zucchini should have **bright, glossy skin free of any bruises or nicks**. Fresh zucchini should be stored in a plastic bag in the refrigerator for up to one week. Raw zucchini can be grated or chopped and added to salads. You can also slice zucchini into strips and serve with hummus or dip. Zucchini can be steamed or grilled or grated and mixed into zucchini bread.



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