

vegetable fritters

Possibly the best way to use up cooked veggies in a household where people dislike leftovers (or vegetables)... These are delicious as the centerpiece of a hot lunch, at room temperature as a sandwich filling, or, made very small, as the base for hors d'oeuvre.

Makes approximately 8 large fritters

ingredients

- 2-3 eggs
- 2-4 T flour (wheat, brown rice, or oat work best)
- ½ tsp salt
- ¼ tsp pepper
- 2 c grated or finely chopped vegetables*
- 2 T **butter, ghee, or coconut oil**

*Zucchini and other summer squash can be used raw, most other veggies should be pre-cooked, making this a great way to use up leftovers!

method

1. Start with 2 eggs and 2 T flour - whisk with salt and pepper until thoroughly combined.
2. Gently mix in the vegetables. You want a loose but not runny consistency - adjust as needed with more egg and/or flour.
3. Heat a cast-iron skillet or a frying pan over medium heat, then add 1 T oil, turning to coat the bottom evenly. Drop the vegetable mixture by quarter cup measures onto the skillet and flatten slightly. You should be able to fit 3-4 on at a time.
4. Cook until crisp and golden (3-5 minutes), then flip and cook the second side until crisp and golden (2-3 minutes). You may need to lower the heat to keep the oil from smoking.
5. Drain on paper towels, serve warm.

variations

1. Add herbs and/or spices to taste.
2. Try combinations of vegetables.
3. Add some grated cheese.
4. Add chopped nuts or seeds for more texture.
5. Mix in some leftover cooked grains or beans.
6. Vegan: mix 3 T ground flax or chia seeds with ½ c warm water and let the mixture sit for 10-15 minutes. Use this in place of the eggs, starting with

approximately ½ c of the mixture and adding a bit at a time until you get the texture you want.

do ahead

1. The batter can be made up to 24 hours in advance – keep in a tightly-covered container in the refrigerator. If it gets runny from the vegetables releasing liquid, you may need to add a bit more flour when you're ready to cook.
2. The cooked fritters can be made up to 3 days in advance: store in a tightly-covered container in the refrigerator. They are good warm or at room temperature.