

# Cheesy Potato and Zucchini Fritters

## Ingredients:

3 cups shredded zucchini (about 2 medium)  
 2 cups shredded Yukon Gold potatoes, peeled  
 1/2 medium yellow onion, shredded  
 3 large eggs, lightly beaten  
 1/2 cup seasoned, whole wheat bread crumbs  
 1/3 cup white whole wheat flour or all-purpose  
 1 teaspoon garlic powder

1 teaspoon kosher salt  
 1/2 teaspoon ground black pepper  
 1 teaspoon baking soda  
 1/2 cup grated cheddar cheese  
 1 – 2 tablespoons olive oil  
 Plain, non-fat Greek yogurt or applesauce for serving on top of fritters

## Directions:

1. Spread zucchini, potatoes, and onion on paper towels and press out as much moisture as possible, changing the towels once or twice as needed.
2. Place the shredded vegetables in a large bowl, then add eggs, breadcrumbs, flour, garlic powder, salt, pepper, and baking soda. Mix until completely combined.
3. Fold in the shredded cheese.
4. In a large skillet, heat 1 tablespoon of the olive oil over medium heat. Scoop a scant 1/4 cup portion of the fritter batter onto the frying pan and flatten into an even layer. Cook for 3 – 4 minutes until golden, then flip and continue cooking 3 – 4 minutes or until golden.
5. Repeat with remaining batter, keeping finished batches in the oven at 200°F to stay warm until ready for serving.
6. Serve warm, topped with Greek yogurt or applesauce.

<b>Nutrition Facts</b>	
Serving Size 1 Fritter (107g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 100	<b>Calories from Fat</b> 25
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 5g	
Vitamin A 2%	Vitamin C 15%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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