

RECIPE OF THE MONTH

Yellow Squash or Zucchini Fritters



Delicious squash fritters make a great alternative to hash browns.
They are wonderful & crispy!
By Carole Cotton

INGREDIENTS

2 medium yellow squash or zucchini unpeeled
1 medium onion
2-3 tbsp. olive oil
2 eggs beaten
½ cup grated Parmesan cheese
½ cup corn meal
1 tsp. kosher salt
1 tsp. Mrs. Dash
1 tsp. parsley
1/4 teaspoon freshly ground black pepper
1/4 tsp. cumin
1/4 tsp. red pepper flakes
2 tbsp. unsalted butter for frying

YOGURT SAUCE (make sauce day before, so it has a chance to blend & marinate)
Combine: 8 oz. Greek Yogurt, 3 TBSP chopped Mint, 1.5 tsp. Lemon juice.

INSTRUCTIONS

Shred the squash in your food processor using the shredding attachment or grate by hand. Place on clean towels and drain for 10 minutes.

Heat 2-3 tbsp. olive oil in a large nonstick skillet over medium heat. Add chopped onion and caramelize in pan, when finished add spices to release their flavors. Cook about 1 minute stirring often.

In a medium bowl, whisk the egg. Add corn meal, cheese, grated squash, onion blend and mix.

Brush the skillet with half of the butter. Measuring 1/4 cup per fritter, spoon the mixture onto the skillet. Fry without moving, 3-4 minutes, until you can see that the bottoms are browned. Carefully flip to the other side and fry 3-4 minutes.