



SNACK | PEAK SEASON: FALL

## Zucchini & Herb Fritters with Dill Yogurt Sauce

Recipe by: Kiandra Call

Golden, crispy fritters made with zucchini and fresh herbs, paired with a tangy yogurt-dill sauce. These are veggie packed, fiber rich and full of flavor!

### Nutritional Info

8 fritters = 2 servings

Calories: 220

Carbs: 18g

Fiber: 4g

Protein: 13g

Fat: 11g

Sugars: 4g

Sodium: 270mg

### Ingredients

#### Zucchini Fritters

- 2 medium zucchini, grated (about 3 cups)
- 1 radish or turnip, grated (optional)
- 2 eggs, beaten
- ½ cup of whole-grain bread crumbs or oat flour
- 2 green onions, sliced thin
- 2 cloves of garlic
- ¼ cup of parsley
- ½ tsp salt
- ¼ tsp pepper
- 2 tbsp olive oil

#### Dill-Yogurt Sauce

- 1 cup plain Greek yogurt
- 2 tbsp fresh dill, chopped
- 1 tbsp lemon juice
- 1 clove of garlic minced
- pinch of salt & pepper

### Instructions

1. Squeeze excess liquid from grated veggies.
2. mix with eggs, breadcrumbs, onion, garlic, herbs, salt and pepper.
3. Heat skillet on medium heat and add oil, once heated cup ¼ cup portions in the pan (do not overcrowd pan), gently flatten fritters with spatula, be careful not to make them too thin. Cook 3-4 minutes on each side or until golden brown in color.
4. Stir sauce ingredients together. Serve hot fritters with sauce.

### Additional Info

- Zucchini and radishes/trunips are packed with vitamin C, potassium while low in calories.
- Pairing fiber rich vegetables with protein (eggs, yogurt) it can help slow down glucose spikes and keep you fuller for longer.
- The Greek Yogurt adds calcium and protein for strong bones.
- Fresh dill, parsley and garlic provide antioxidants that help reduce inflammation.

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