



Ashley's Meal Prep Monday!



Zucchini Fritters

INGREDIENTS

3 cups grated and loosely packed zucchini
2 large eggs, whisked
¼ cup GF flour
½ cup green onion, chopped white and green parts
¼ cup fresh herbs like chives, basil and dill - dill is strong, so if you use it, no more than a TBSP - I did 2 TBSP each of both chives and basil
¼ TSP pepper
½ TSP salt
1 cloves garlic, minced
½ TSP baking powder
¼ cup parmesan cheese
avocado oil

Grate zucchini, toss with 1 TSP salt and let sit for 10 minutes. After, squeeze out excess water using a cloth. Squeeze well, as there is usually a lot of excess water.

Add all ingredients to a large bowl and mix with large spoon until combined. Let batter sit for 5 minutes.

Preheat air fryer to 380 and spray air fryer basket with oil. Making 4 fritters per batch, drop batter in large spoonfuls - using a cookie scoop/approx. ½ cup) onto oiled air fryer basket. Gently flatten and shape as needed using a spoon. Spray the tops of each fritter and cook for 10 minutes. Both sides will be golden.



Gently remove from air fryer basket using a spatula to go around the edges and onto a plate. Serve as is, with a dollop of sour cream, Greek yogurt, or extra herbs!

Recipe Idea: www.healthygffamily.com

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