



# 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 clove 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](http://www.healthygffamily.com)

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