

Zucchini Corn Fritters

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Servings: 10

*1 cup flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt, plus more to taste
1/4 teaspoon cayenne pepper
1 egg, lightly beaten
1/2 cup milk, plus more if needed
2 tablespoons butter, melted
1 cup zucchini, coarsely shredded
3/4 cup fresh sweet corn kernels
1/2 cup cheddar cheese, finely shredded
1 Fresno pepper, seeded and finely chopped
2 to 3 tablespoons vegetable oil
3/4 cup sour cream
2 green onions, chopped
1/2 teaspoon lime zest
1 tablespoon lime juice*

Preparation Time: 20 minutes

In a large bowl, mix together the flour, baking powder, 1/2 teaspoon of salt and the cayenne.

In a small bowl, whisk together the egg, 1/2 cup of milk, and the butter. Whisk the egg mixture into the flour mixture. Stir in the zucchini, corn, cheese and Fresno pepper.

In a twelve-inch cast-iron skillet over medium heat, heat one tablespoon of oil. Working in batches of six or seven, drop one tablespoon portions of batter into the skillet. Flatten slightly. Cook until golden brown, 1 to 2 minutes per side. Transfer to a paper towel-lined baking sheet.

Sprinkle with additional salt. Cook the remaining batches, adding oil as needed.

In a small bowl, stir together the sour cream, green onions, lime zest and lime juice. If needed, stir in a little milk to thin the sauce. Serve with the fritters.

Per Serving (excluding unknown items): 530 Calories; 52g Fat (87.8% calories from fat); 5g Protein; 12g Carbohydrate; 1g Dietary Fiber; 43mg Cholesterol; 262mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 10 1/2 Fat; 0 Other Carbohydrates.