



## Veggie Scrap Fritters

**Makes: 6-8 fritters**

### Ingredients

- 1 cup broccoli *stems*, *grated*
- 1 cup carrots, *grated*
- 1 cup zucchini, *grated*
- 1/2 cup flour
- 1/3 cup Parmesan cheese
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1 teaspoon cumin
- 1/4 teaspoon garlic salt
- 1/8 teaspoon chili powder
- 3 Tablespoons green onions, *chopped*
- 1 large egg *whisked*
- 2 Tablespoons vegetable oil

### *For the sauce:*

- 1/2 cup greek yogurt
- 1-2 teaspoons lemon juice
- 1-2 teaspoons *green onions*

### Directions

1. Grate carrots, broccoli stems, and zucchini with a cheese grater or food processor
2. Put zucchini in a strainer and sprinkle with salt. Let sit ten minutes
3. Squeeze excess water out of the zucchini
4. Add all ingredients except the egg and oil to a bowl and combine
5. Whisk egg in a separate bowl and stir into vegetable mixture
6. Heat the oil in a skillet over medium heat
7. Use a 1/4 dry measuring cup to form balls of mixture. Place them in the pan and flatten slightly with a spatula
8. Cook each fritter 4 minutes on each side or until golden brown.
9. Transfer to a plate with a paper towel to soak up the excess oil. Repeat for the rest of the fritters.

### For the sauce:

1. Blend yogurt, onions, lemon juice together with a spoon or blender and serve

### Tips:

- You can substitute any of the vegetables with what you have on hand. Just make sure it equals 3 cups!
- If you don't like your vegetables crunchy, you can boil them for 4 minutes and squeeze out the excess water they collect before mixing with the other ingredients
- To bake in the oven: Preheat oven to 400 degrees, cook on one side for about 10 minutes, then flip and cook for another 10 minutes or until both sides are golden brown