



SIMPLE, FRESH FARM BOX MEALS

MAY 20, 2024

Simple recipes so we can eat well & support local agriculture

Sweet Potato & Zucchini Fritters

YOU'LL NEED

Garlic Herb Yogurt Sauce

- ½ C plain Greek or regular yogurt (or sour cream)
- 1 Tbs chopped fresh parsley
- 1 Tbs chopped fresh mint
- 1 Tbs fresh lemon juice
- 1 Tbs olive oil
- 1 tsp honey
- ¼ tsp garlic powder
- salt & freshly ground black pepper, to taste

Fritters

- 2 C shredded zucchini (1-2 zucchini)
- 1 C shredded sweet potato (about 1 sweet potato)
- 1/3 C finely chopped yellow onion
- 1 & ½ tsp salt, divided
- 2 large eggs
- 2 garlic cloves, minced
- 2 Tbs chopped fresh parsley
- 2 Tbs chopped fresh mint
- 1/2 tsp freshly ground black pepper
- 1/3 C fine cornmeal
- 1 Tbs cornstarch
- 1/3 C olive oil

ALL YOU HAVE TO DO

- Make the yogurt sauce by whisking all of the yogurt sauce ingredients together except for the salt and pepper. Taste, then add salt/pepper to your taste. Cover and refrigerate until ready to serve.
- Make the fritters: Line a large bowl with paper towels. Place the shredded zucchini, sweet potato, and onion inside. Add 1 tsp salt, and gently mix together. Top with another paper towel and press down so the paper towels begin absorbing some liquid. Lift everything up using the bottom paper towel and, over the sink, wring/squeeze out as much liquid as you can. The goal is to remove as much moisture as possible. You will be amazed how much liquid you wring out! Note: you can also simply wring out the vegetables in a thin, clean dish towel or use a cheesecloth.
- In a large bowl, whisk the eggs, garlic, parsley, mint, remaining 1/2 tsp salt, and pepper together until combined. Fold in the vegetables, and then mix in the cornmeal and cornstarch until everything is combined.
- Heat the oil in a large skillet over medium-high heat. Once hot, scoop up around 2 Tbs of the zucchini mixture. There may be liquid pooling in the bottom of the bowl, so make sure you use a fork so the excess liquid isn't in your fritter. Place the mixture onto the hot skillet and flatten with a spatula. Repeat with a few more, making sure not to overcrowd the skillet. Cook until golden brown, about 3 minutes on each side. Transfer to a paper towel lined plate until finished.
- Serve warm fritters with yogurt sauce.

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