

Gluten-free Zucchini and Corn Fritters

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large frying pan
measuring cups and spoons
cutting board and knife
grater
large mixing bowl
stirring spoon
egg lifter

Do this

with these **ingredients**

1. In the frying pan, over a medium heat, **warm**

2 TBS **extra virgin olive oil**

2. Meanwhile, **strip** the kernels off

2 cobs **fresh corn**

3. **Add** to the bowl and **mix** in

3 **large eggs**

2 cups **coarsely grated zucchini** (~250g)

1 cup **thinly sliced shallots/green onions**

½ cup **finely grated parmesan cheese** (opt)

¼ cup **chopped fresh parsley**

1 tsp **pink or sea salt**

¼ tsp **cracked black pepper**

4. **Stir in**

½ cup **buckwheat or cassava flour**

1 tsp **baking powder**

5. **Place and flatten** spoonful of batter into the heated frying pan and **cook** for about 2 to 3 minutes on each side or until golden.

6. **Repeat** with the remaining batter using more oil as needed.

7. **Serve** warm or cold.

