

VEGETABLE FRITTERS



4 cups vegetables, grated or finely chopped

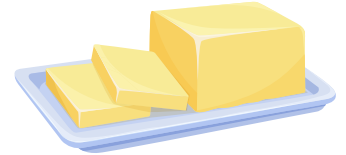
TRY WITH: garlic, onion, scallions, peppers, summer squash, potatoes, sweet potatoes, broccoli, cauliflower, carrots, winter squash, corn, cabbage, kohlrabi, leafy greens, etc.



8 Tbsp oil or butter, divided



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1/2 cup flour

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3/4 tsp salt, 1/4 tsp pepper

2 eggs, lightly beaten



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Optional add ins:

fresh herbs, finely chopped
cheese, shredded or crumbled
additional spices or seasonings



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Directions:

- Squeeze excess water from veggies.
- Saute veggies in half of the oil or butter (just a few minutes until slightly tender).
- Allow to cool and then add remaining ingredients.
- Form patties (using about 1/4 cup of batter per patty).
- Pan fry in remaining oil or butter on medium low heat.
- Place on paper towel lined plate.
- Serve hot or cold.