

**Seasonal Eating**  
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**Too Much Zucchini? Make Fritters!**  
**September 2023**

Fritters are such a fun thing. I mean how can you go wrong with fried bits of fruits, meats, vegetables or just dough? I have great memories of the apple fritters served in Sevierville at the Applewood Farmhouse Restaurant. My dad would occasionally order conch fritters in the Florida Keys. And when it comes to vegetables, corn fritters reign supreme.

But if you have an abundance of zucchini (or yellow squash), you can make delicious fritters as a snack, with dinner or lunch or even for breakfast. Zucchini fritters get crispy around the edges with a soft interior. They can be served plain or you can serve them with a little sauce for dipping like tartar sauce, tzatziki sauce or even just plain sour cream.



One of the keys to good zucchini fritters is to get as much of the moisture out of the zucchini as possible. Shred your zucchini on the large holes of the grater. Then combine with little salt to draw out the moisture. Let it sit a few minutes and then place in paper towels in a mesh strainer or in cheesecloth or a tea towel and press and wring until most of the liquid is expelled. It will be a lot! The zucchini will shrink down. Then place in a bowl and fluff with a fork.

Another key is not to overmix once you add the flour, just combine the ingredients until uniform. The baking powder gives a little lift to the fritters to make them a little lighter as well. The crackers add a slight crunch and buttery flavor, enhancing the fritters.

You really can flavor your fritters with whatever seasonings you like as the squash itself doesn't have a strong flavor. This recipe uses Parmesan cheese with some basic seasonings and just a hint of cayenne for a tiny kick. But you can use Mexican seasonings like chili powder and finely chopped jalapenos with Cheddar cheese or you can use dill and lemon pepper with crumbles of feta cheese. The possibilities are endless.

So the next time you find yourself with some extra summer squash on hand, make fritters to enjoy! For more information and recipes check out the Seasonal Eating page at [bedford.tennessee.edu](http://bedford.tennessee.edu).

**Zucchini Fritters**

- 2 medium zucchini, washed and shredded
- 1/2 teaspoon salt
- 1 green onion, white and green parts thinly sliced
- 1 tablespoon chopped fresh parsley
- 1 egg, beaten
- 1/4 cup grated Parmesan cheese
- 1/4 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon paprika

1/4 teaspoon onion powder  
1/4 teaspoon garlic powder  
1/4 teaspoon black pepper  
1/8 teaspoon cayenne pepper  
10 round buttery crackers, crushed  
vegetable oil

Place the zucchini in a large bowl and toss with the salt. Place on paper towels in a mesh strainer and squeeze out all of the liquid. Place the zucchini back in the bowl and combine with the green onion and parsley. Add the egg and Parmesan cheese and stir until combined. In another bowl, whisk together the flour, baking powder, paprika, onion powder, garlic powder, black pepper and cayenne pepper until well combined. Add to the zucchini mixture with the crushed crackers and lightly toss with a fork until combined. In a large skillet, pour a thin layer (1/4" or so) of oil and heat over medium high heat. Place a spoonful of the zucchini in the oil (it should sizzle) and lightly press out to a thin patty with a fork. Let it get golden brown and then flip over and brown on the other side and let the middle get firm, a couple of minutes on each side. Remove to a wire rack placed over paper towels and let sit while you cook the rest. Sprinkle with a little salt, if desired. Serve immediately.