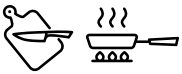
Haggen®
KIDS
Cooking
CLUB

SERVES: 4
PREP TIME: 20 MIN
COOK TIME: 10-15 MIN
SKILL LEVEL:

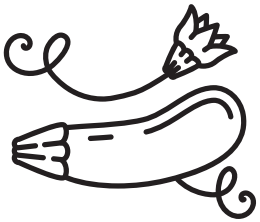
REQUIRES USE OF:



ZUCCHINI FRITTERS

INGREDIENTS:

1 pound zucchini, shredded
1 green onion, sliced
1/2 teaspoon baking powder
4 tablespoons all purpose flour
2 tablespoons yellow cornmeal
1 teaspoon salt
1 egg
1/4 cup half-and-half
3 tablespoons canola or vegetable oil



ITEMS TO GATHER:

apron
cutting board
knife
box grater
large plate
colander
fork
measuring spoons
measuring cups
large bowl
medium bowl
small bowl
mixing spoon
large pan
tongs or flipping spatula
paper towels

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GET COOKIN'!

INSTRUCTIONS:

Place all your ingredients, prep and cooking tools on the counter near your cooking area.

Wash and dry the green onions and the zucchini. Place zucchini on a cutting board and cut both ends off of each zucchini.

Set a plate on counter. Using the large shredding side on a box grater, carefully grate each zucchini onto the plate. Move the grated zucchini to the colander. Set the colander onto the plate.

To pull out water from the zucchini, toss the grated zucchini with 1/2 teaspoon of salt and let it sit in the colander for 10 minutes. Discard any water on the plate and dry it. Line the plate with paper towels and set aside.

Place the green onion on the cutting board. Trim off and discard the root end. Using a sharp knife, cut the green onion in half where the lower white area turns bright green. Slice the green portion of the onion into small circles. Next, cut down the center of the white portion of the onion in half so you have two long pieces. Slice each piece into many thin half-circles. Set the sliced onions to the side.

After the 10 minutes has passed, squeeze out the excess water from the zucchini in 3 or 4 batches. As each batch is squeezed, place zucchini in the large mixing bowl. Add the sliced onion to the bowl.

In a small bowl add the baking powder, flour, cornmeal and 1/2 teaspoon of salt. Stir the dry ingredients with fork to combine. Set bowl aside.

In a medium bowl, add the egg and the half and half. Mix well using a fork to combine.

Pour the egg/half-and-half mixture into the dry ingredients and mix–using a fork or mixing spoon–until there are no lumps left in the batter. Pour the batter on top of the zucchini and onion mixture. Mix until the zucchini is thoroughly coated.

In a large pan, heat oil over medium-high heat until hot.

Working in batches, carefully place a heaping tablespoon of the zucchini batter to the large pan. Add another heaping table spoon of batter next to the first one, leaving 1 inch between the two. Keep adding batter as long as there is space between each fritter. Flatten each fritter with the back end of a spoon or spatula. Cook for 4-6 minutes. Flip each fritter when the bottom is a nice golden-brown shade. Cook another 4-6 minutes. Transfer each cooked fritter to the paper towel-lined plate. Sprinkle with a bit of salt. Repeat with remaining batter, adding more oil if necessary.

Serve warm. **ENJOY!**

HELPFUL HINTS:

Top with a fried egg for a yummy breakfast!

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