

Corn and zucchini fritters

Yield: 24 fritters, 2 per serving

Ingredients:

½ cup diced green onion
9 oz. feta cheese, crumbled
small bunch parsley, chopped
small bunch mint, chopped
1 tsp paprika
1 cup flour
Sea salt and freshly ground pepper
3 eggs, beaten
1 ½ lbs. zucchini, shredded
2 cups fresh sweet corn, cut off the cob
Coconut oil and butter for frying
3-4 limes
Sliced tomatoes with sea salt



½ cup plain yogurt, Greek style
2 tbsp chopped mint
1 tsp chopped garlic
juice of ½ of a lime
½ tsp cumin
¼ tsp cayenne pepper
Sea salt and freshly ground pepper

Directions:

1. Put the chopped green onions in a bowl and add the feta cheese. Stir in the chopped parsley and mint along with the paprika. Add the flour and season well with salt and pepper. Gradually add the beaten egg and mix thoroughly before adding the cut corn and shredded zucchini.
2. Heat a heavy-bottomed skillet to medium-hot. Add coconut oil and/or butter.
3. Drop heaping tablespoons of batter into the skillet and flatten slightly.
4. To serve, surround with cut or sliced limes, garnish with chopped mint and serve with homemade dipping sauce, sour cream, Greek yogurt or crème fraîche.

Dipping Sauce

Combine yogurt, mint, garlic, lemon or lime juice, cumin, and cayenne in a small bowl. Season with salt and pepper to taste. Let sit for 30 minutes, then serve, or transfer to an airtight container and store in refrigerator for up to a week.

