HEALTHY TIPS

Crunchy Zucchini Fritters with Avocado Dill Dip Recipe

By bestfolkmedicine · 25/10/2018 · 2 min read



Zucchini fritters, keep them coming, please! These fritters are so easy to prepare, low on calories, and an excellent and quick way to sneak in some extra vegetables to your diet. This recipe will definitely excite your taste buds because of the amazing flavors the fritters are filled with.

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And, what's more, once you make them for dinner or for lunch, your whole family will want more, both children and adults. It also makes the ideal snack for picnics or get-togethers with friends and family. Yummy!

Let us take a look at the recipe below.

Recipe for Zucchini Fritters

Suitable for vegetarian, and gluten-free diets

You will need:

1 zucchini, peeled and grated

1 garlic clove, peeled and minced

¼ cup of basil

¼ cup of oregano

1 tbsp of lemon zest

2 eggs

¼ cup of flour, gluten-free

¼ tsp of onion powder

Salt and pepper

Coconut oil

Preparation: Put the grated zucchini in a colander and place it in the sink. Add ½ tsp of salt and leave it like that for 10 minutes and then put the zucchini in a clean kitchen towel and remove surplus moisture. Then, transfer it in a bowl and add the eggs, garlic, basil, oregano, lemon zest, onion, and the salt and pepper. Combine the ingredients well and begin to gradually add the flour and remember to stir constantly so that there are no lumps.

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Then, bring a sauté pan with a tbsp of coconut oil to heat and once it heats, add a small amount of the zucchini mixture to form a small patty-like shape, around 2 tbsp, and cook them on both sides for around 6 minutes. Once golden, place them in a plate with a paper towel and serve warm with avocado dip.

Avocado Dill Dip Recipe

Ingredients

- 1 ripe avocado
- 1/2 tsp. of onion powder
- 1/2 tsp. Vegenaise
- 1/2 cup finely chopped dill
- Salt to taste

Procedure

1. Cut avocado in half, and remove the seed.
2. Scoop meat with a spoon and place in a bowl.
3. Add all other ingredients.
4. Mash until smooth.

Important to note:

The vitamins A and C present in zucchinis act as antioxidants in the body and are helpful against inflammation too. The copper is also of great aid in reducing the chance for osteoarthritis, asthma, and rheumatoid arthritis.

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