FRUITS & VEGGIES

Perfect Comfort Food: Zucchini & Parmesan Cheese Fritters

By bestfolkmedicine · 22/09/2020 · 2 min read

Who doesn't love sautéed zoodles, right? They're a staple and a favorite in a lot of households!

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Zucchini are indeed so versatile and people with a veggie garden know that end of summer means an abundance of this veggie.

Since it can sometimes be difficult to come up with an idea about what to do with all that fresh produce, we're here to help-make this delicious comfort food: zucchini and parmesan cheese fruits.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

This is an amazing dish-the fritters are filling, but not too heavy on the belly. A real delight!

If you've ever been to Germany's Oktoberfest, they may remind you of the German potato pancakes.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

These fritters are comforting and fresh and you can down a couple of them without feeling guilty. They make an excellent snack or a starter. You can also use them as a side dish with barbecues.

Let's check out the recipe below.

Zucchini & Parmesan Cheese Fritters Recipe

You'll need:

3 big zucchinis

½ tsp of salt

An egg

5 tbsp of flour

4 tbsp of Parmesan

¼ tsp of salt

Black pepper

A quart of cooking oil, for the frying

For toppings:

A pinch of salt

A tbsp of Parmesan

¼ cup of sour cream

Prep:

First, grate the zucchini and mix it in a bowl with the salt. Leave it for 10 minutes to pull out the surplus water.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });
Then, put it into cheesecloth or a clean cloth and squeeze it out to remove all of the liquid. This is important to ensure the fritters are easy to fry and don’t become soggy.

Then, whisk the eggs and add the parmesan, flour, ¼ tsp of salt, and black pepper. Whisk everything together to get a lump-free mixture.

Add the zucchini.

Then, heat oil in a pan over medium-high heat and add from the batter in heaping tbsp. Make sure the fritters aren’t touching each other.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });
Fry them until golden brown on both sides, around 5 minutes on each side.

Transfer them to a dish lined with a paper towel.

Serve them sprinkled with salt and parmesan and sour cream on the side.

ezstandalone.cmd.push(function () { ezstandalone.showAds(134); });

Enjoy!

Sources:

ALL RECIPES

HEALTHY HOLISTIC LIVING

Read online: https://bestfolkmedicine.com/2020/09/perfect-comfort-food-zucchini-parmesan-cheese-fritters/

Downloaded on 25/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.