

Three Sisters Fritters



Prep: 20 minutes **Cook:** 20 minutes **Yields:** 4 servings

summer squash
1/2 an onion or diced green onions
1/2- 3/4 cup of flour or pancake mix
1 egg
1 can corn
taco seasoning

Optional

1 carrot
1 small beet
1 stalk kale (diced)
yogurt or sour cream (for topping)
shredded cheese



Chef's Notes: You want the batter to be thicker than pancake batter but still scoopable into a pan, add more flour or pancake mix if the batter is too runny. The flour & egg acts as a binder for your fritters. Try 1/4 cup of shredded cheese for a cheesier version. Enjoy as a snack, eat on top of salad or use as a side dish. These make a great finger food snack for kids!

1. Using a cheese grater, shred squash & gently press out excess water either in a strainer or using some paper towels.
2. Shred other vegetables using the cheese grater & mix in with the shredded squash.
3. Add 1/2 to 3/4 cup of flour or pancake mix plus one egg.
4. Stir batter & add one can of drained corn plus 1 teaspoon of taco seasoning.
5. Heat a medium sized frying pan over medium heat & grease pan like you would for pancakes.
6. Using a ladle or 1/4 cup measuring cup, pour batter into the pan. Flip once brown, about 2-3 minutes on one side. Cook until both sides are browned & middle is cooked. If the outside of the fritters are browning too fast, turn the heat down to make sure the middle gets fully cooked.
7. Repeat with remaining batter & enjoy!

Fresh Harvest Kits are a collaboration between HDIFFA and hunger relief agencies.

Each kit contains fresh vegetables and staple ingredients from this agency. When using this kit you'll get fresh ideas for creating healthy meals! Visit our website to learn more and to see the full list of partners.