

THREE SISTERS FRITTERS



Prep: 20 minutes

Cook: 20 minutes

Yield: 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



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 for pancakes.
6. Using a ladle or 1/4 cup measuring cup pour batter into the pan, flip once they brown after 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!

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 "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!

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