



Makes 7-8 fritters

Preparation Time: 20 minutes

Cook Time: 20 minutes

INGREDIENTS:

1 tablespoon fresh lemon juice

1 tablespoon tahini

3 cups grated zucchini

$\frac{3}{4}$ to 1 cup chickpea flour (see tip in intro)

1 teaspoon Dijon mustard (optional)

3 to 4 tablespoons chives or sliced green onions (green portion only)

$\frac{1}{2}$ teaspoon sea salt

$\frac{1}{2}$ teaspoon dill seed (see tip in intro)

Freshly ground black pepper to taste

Zucchini Fritters

I created this recipe when we were growing our own zucchini at home. Now, those zucchini can't grow fast enough to keep up with how much we love the recipe! Whether you opt for yellow or green, you don't need to peel the zucchini for this recipe; simply grate on the large holes of a box grater, or feed through the grating blade of a food processor. These make a light meal or a lovely side dish. Serve with a [vegan sour cream](#) (or a nut cheese thinned with a little water), or even simply with ketchup or a balsamic reduction.

Flour Tip: Depending on the moisture in the zucchini, and how it measures grated, you may need more or less flour. I like $\frac{3}{4}$ cup; it yields fritters that are still moist with zucchini but hold together just fine. You can always start with $\frac{3}{4}$ cup and adjust with a touch more flour if you like as you start to cook. More flour will yield firmer patties.

Dill Seed Tip: Dill seed beautifully accents these fritters. If you don't have it, I wouldn't substitute fresh or dried dill weed. Instead, try substituting $\frac{1}{4}$ – $\frac{1}{2}$ teaspoon cumin seed or fennel seed.

From [Dreena's Kind Kitchen: 100 Whole-Foods Vegan Recipes to Enjoy Every Day](#)

By Dreena Burton

- 1 Stir together lemon juice and tahini. In a large bowl, combine all the remaining ingredients and pour over the lemon-tahini mixture. Combine with a spoon or spatula until you have a uniform mixture. As the zucchini releases moisture (from the added salt), the chickpea flour will absorb that liquid. Allow mixture to sit for 15 to 20 minutes.
- 2 Heat a nonstick skillet over medium-high heat. Scoop a portion of the mixture (about $\frac{1}{4}$ cup) onto the skillet. Use a spatula to flatten it into a fritter shape. Cook on one side for 3 to 4 minutes, until golden. Flip and cook for another 2 to 4 minutes, until golden on both sides and cooked through. If the fritters are browning too quickly, reduce the heat to allow the centers to cook more fully.