

## Savory Zucchini Fritters

Zucchini season has arrived! These Savory Zucchini Fritters will make a tasty addition to your zucchini recipe collections. They're crispy, they're flavorful and they're Whole30 & Paleo-friendly!

🕒 Prep: 15 min Cook: 15 min Total: 30 minutes

👤 Servings: 8 small fritters (4 servings)

1x

2x

3x

### INGREDIENTS

- 4 cups shredded zucchini (about 2 medium)
- 1/2 tsp. sea salt
- 2 whole eggs (preferably medium in size)
- 2 green onions, sliced (whites and midway up green parts)
- 1/2 tsp. Italian seasoning
- 1/2 tsp. garlic powder
- 1/4 tsp. crushed red pepper
- 1/4 tsp. sea salt
- 1/4 tsp. pepper
- 1/4 cup gluten-free flour of choice (such as almond flour or Bob's Red Mill 1-to-1 (not Whole30) for nut-free)
- 1-2 Tbsp. Ghee, coconut oil or butter (not Whole30) for frying

### INSTRUCTIONS

1. In a bowl, place the shredded zucchini and 1/2 tsp. sea salt. Stir gently and let set for 10 minutes to allow zucchini to sweat. After the 10 minutes, transfer the zucchini to a flour sack towel, paper towel, cheesecloth or nut milk bag. Squeeze as much liquid out as you possibly can. Use those muscles! This step is important and if skipped you may end up with soggy fritters.
2. While the zucchini is "sweating," in another bowl combine the eggs, green onions, Italian seasoning, garlic powder, crushed red pepper, additional sea salt, black pepper and flour.
3. Combine the squeezed shredded zucchini with the egg mixture and stir to combine. If the zucchini still holds a lot of moisture or eggs were on the larger side, you may need to add additional flour to achieve that pancake-like consistency.
4. Place a medium/large skillet on the stove over medium heat. Add ghee to the skillet. Once hot (make sure the ghee is hot and sizzles when you add the batter) drop 1/4 cup portions of the zucchini mixture onto the pan. Press down gently so they're about 1/2-inch thick.
5. Cook on each side for 3-5 minutes. Flip carefully so they don't fall apart. When done, transfer to a wire rack or plate lined with a paper towel. Repeat until zucchini mixture is gone, adding more ghee to the pan between each batch.

6. Serve with a dollop of sour cream (not Whole30) or a drizzle of our paleo ranch. Top with sliced green onion and a pinch of crush red pepper for kick. Add additional sea salt and pepper to taste.

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## NOTES

To Store: Store fritters in the fridge in an airtight container for up to 5 days.

To Freeze: Layer cooled fritters in an airtight container separating each row with parchment paper. Freeze for up to 3 months.

To Reheat: Fritters can easily be reheated, frozen or thawed, in a skillet over medium heat. Add a teaspoon of ghee to the skillet heat and then add the fritters to the pan to reheat. Add more ghee as needed. You can also reheat fritters in the oven. Temp set at 375 degrees F. Time will vary depending on whether the fritters are being reheated from frozen or thawed.

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## NUTRITION INFORMATION

**Serving Size:** 2 fritters   **Calories:** 145   **Fat:** 11 g   **Sodium:** 375 mg   **Carbohydrate:** 4 g  
(**Fiber:** 2 g   **Sugar:** 3 g)   **Protein:** 6 g

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## DIETARY

**Dairy-Free   Gluten-free   Grain-Free   Nut-free   Paleo   Vegetarian   Whole30**

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