

Zucchini Quinoa Fritters

Quinoa is a whole grain that offers not only complex carbohydrates but also plant-based protein with all 9 essential amino acids, thiamine (B1), riboflavin (B2), B6, folate, manganese, magnesium, iron, zinc, and phosphorus. Try these fritters with lettuce, onion baba ganoush or hummus all wrapped in a pita for a complete sandwich! For a lower carb option, just wrap in lettuce. Or have them on top of a salad or for a quick snack. Give it a go!

Ingredients:

3 cups	Cooked quinoa
1 large	Carrot, shredded
½ lb	Zucchini, shredded (about 2 cups shredded)
¼ cup	Chopped green onion
¼ cup	Chopped cilantro
2 large	Eggs
2 tsp	Paprika
1 tbsp	Cumin
2 tsp	Ground black pepper
¾ cup	Plain Panko breadcrumbs
4 tbsp	Avocado oil (or another oil with a high smoke point)

Directions:

1. Cook the quinoa according to the package instructions. Let cool.
2. In the meantime, prep the carrots (shredded), zucchini (shredded), chives (chopped), and cilantro (chopped). Mix them all together in a medium bowl. Once mixed, transfer to a paper towel or clean towel. Wrap the mixture up and squeeze out the water. Transfer back to the medium bowl.
3. Add the cooked quinoa, eggs, paprika, cumin, and black pepper to the veggie/herb mixture. Then fold in the panko breadcrumbs.
4. At this point, you can progress to making the fritter patties or put the mixture in the freezer to get cold. I went directly into making the fritters and skipped the freezer step, but mine crumbled more easily. Before making the patties, preheat the 2 tbsp avocado oil in a medium-large skillet over medium heat. To make the patties, roll little balls (pack tightly, especially if you skipped the freezer step)- about 20-24 patties. Press and shape the balls into small, circular patties with your hands.
5. Cook patties in the hot oil for 2-3 minutes each side or until crispy (more or less depending on how crispy you want them). Repeat until all patties are cooked. Add the remaining 2 tbsp of oil as needed throughout the cooking process; I added more halfway through.
6. Serve warm! Enjoy 😊

Servings: 12 servings (24 fritters total)

Serving size: 2 fritters

Zucchini Quinoa Fritters		
Nutrition Facts		
Serving Size: 1 × 2 Fritters		
Amount Per Serving		% Daily Value*
Calories	136.4 kcal	7 %
Total Fat	6.6 g	10 %
Saturated Fat	0.9 g	5 %
Trans Fat	0 g	
Cholesterol	31.1 mg	10 %
Sodium	28.8 mg	1 %
Total Carbohydrate	15.6 g	5 %
Dietary Fiber	2.1 g	8 %
Sugars	1.5 g	
Protein	4.1 g	8 %
Vitamin A	27 %	Vitamin C 7 %
Calcium	3 %	Iron 7 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		