



**Many Hands Organic Farm and  
Sustainability Center**  
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## Zucchini Fritters

### Ingredients:

- 1 medium zucchini
- 4-5 chard stems, chopped
- ½ cup cooked corn
- 2 garlic cloves, diced
- 2 eggs
- ½ cup arrowroot powder
- ½ cup nutritional yeast
- 1 tsp salt
- ¼ cup oil of choice for frying (lard, bacon grease, olive oil, etc.)

### Directions

1. Shred zucchini with a hand grater or food processor. Place shredded zucchini between 2 layers of clean kitchen towels or paper towels to absorb some of the moisture. Allow to sit for 30 minutes. Remove shreds from towels.
2. Heat oil in a skillet on the stovetop until it sizzles when a drop of water hits it, but not so hot that it is smoking. (350 degrees F.)
3. Beat eggs in a medium bowl. Add nutritional yeast, arrowroot powder and salt. Mix. (The mixture will be thick like heavy batter at this stage, but will water down when vegetables are added.)
4. Add zucchini, chard, corn and garlic. Mix just until combined.
5. Scoop ¼ cup of mixture and place gently into hot oil. Press down gently with a fork to spread vegetables evenly. Fry for about 2 minutes on each side, flipping with a spatula once golden brown.
6. Remove fritter from oil and place on a plate to cool. Enjoy!