

No Fry Zucchini Fritters

Dairy egg and gluten free zucchini fritters. Adapted from my mom, and is an oldie and a goodie.

Categories

Gluten-free

Yields: 8 servings

Preparation time: 15 mins

Cooking time: 20 mins

Category: Side dishes and appetizers

Complexity: Moderate

Vegan experience: Some experience

Preparation style: Cooked



Ingredients

Zucchini, raw	3 cup
Corn, yellow, cooked from fresh, whole kernel	1 cup
Onion, white, yellow or red, raw	1 medium - 2 1/2" diameter
Brown mushrooms (italian or crimini mushrooms), raw	4 each
Basil, fresh	0.5 cup
Parsley, fresh	0.25 cup
Garlic, fresh	3 clove
Chickpea flour	1.25 cup
Salt, sea salt	0.5 teaspoon
Oregano, ground	0.5 teaspoon
Black pepper, ground	1 dash
Avocado oil	1 tablespoon

Instructions

1. Grate three cups of raw zucchini in a grater. Put in a bowl.
2. Take one cup of frozen corn kernels thawed, or cut one cup of fresh corn kernels and add to the bowl.
3. Mince three cloves garlic and add along with chopped onion, red or white.
4. Chop up 4 cremini mushrooms. If you do not have cremini mushroom, take any type of brown mushroom chop up and add to the bowl.
5. Add all remaining ingredients and mix.
6. The consistency will begin dry but the more you mix this stickier it will get. If the consistency still remains dry, then set the bowl aside for a few minutes until the natural moisture from the zucchini makes it more wet.
7. Using a tablespoon, add a heaping tablespoon of the mixture on a oiled baking dish or pan. I used avocado oil. You can add another tsp of oil if you desire more. Cook for 10 to 15 minutes at 425 degrees Fahrenheit and halfway through flip

and bake on the other side. Depending on the heat of your oven, you may need to bake it for five minutes more, totalling 10 min per side. You can tell when they are done when the zucchini fritters look golden. They should be crispy on the outside and moist in the middle. Enjoy.