



## The Kitchen at Second Harvest Vegetable Fritters try at home recipe

Recipe modified from Nadia's Kitchen

flip to learn more!



### Ingredients

- 1 carrot, shredded or finely chopped
- 1 zucchini, shredded or finely chopped
- 1 pepper shredded or finely chopped
- 3 green onions chopped
- 1 large garlic clove, minced
- Handful fresh cilantro
- 1/2 cup flour
- 1/3 cup water
- vegetable oil for cooking
- Salt and pepper to taste

**Makes 8 fritters**

**Serving Size: 2 fritters**



Find more recipes, free classes,  
and ways to get involved!



[secondharvestkitchen.org](http://secondharvestkitchen.org)

### Directions

- Heat 1 tbsp olive oil in a pan and add the shredded vegetables, onions and garlic.
- Season with salt & pepper. Cook for 5 minutes until slightly softened.
- Take off the heat and fold in the chopped coriander.
- In a large bowl, mix together the flour and water to create a pancake like mixture. Fold in the veggies.
- Heat a little bit of oil in a frying pan and scoop 2 heaping tablespoon of the mixture into the pan. Flatten and cook for 2-3 minutes on each side.



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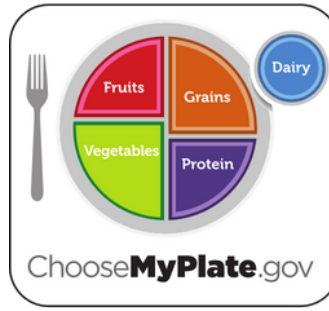
### Directions


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## Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



 Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

## Cooking Tips

- Mix it up: Make these with a variety of vegetables - use your favorite or try something new.
- These can be frozen and kept in a freezer safe airtight container for 3-4 months. Thaw before reheating..

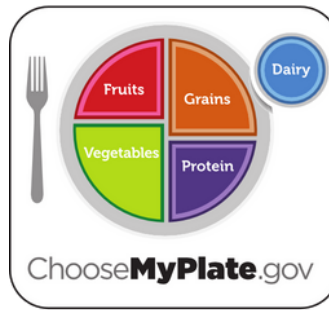
This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.




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## Nutrition Facts

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2 fritters</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>35</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.36mg	2%
Potassium 94mg	2%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
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