

Squash Fritters

Ingredients

- 2 medium yellow squash, shredded
- 1 egg, beaten
- 1 cup flour
- 1 tsp salt
- 2 tsp baking powder
- 2 tsp sugar
- Vegetable oil

Directions

1. In a large bowl, combine shredded squash, egg, flour, baking powder, and sugar. Mix well.
2. Heat a small amount of oil, over medium heat, in skillet so that the bottom of pan is covered.
3. Drop batter by the tablespoon into the hot oil. Brown on each side. Drain on paper towels once removed from oil.

Handling & Storage

A summer variety, yellow squash should be firm and free of blemishes.

Refrigerate in a plastic bag for up to a week.

When ready to use, wash and trim the ends. Do not peel.

Nutritional Information

Calories: 103

Total Fat: 1.1 g

Saturated Fat: 11 g

Trans Fat: 0.0 g

Cholesterol: 27 mg

Sodium: 406 mg

Total Carbohydrates: 20.3 g

Dietary Fiber: 1.3 g

Sugars: 2.6 g

Protein: 3.9 g

Serves: 6

*Vegetable oil for frying not calculated.

**Can be served with butter, honey, or jam.