Zucchini Feta Fritters

These fritters are perfect to make in the summer when zucchini is taking over the garden. If you have especially large garden zucchini, peel way the thick skins and scoop out the large seeds. The addition of garbanzo bean flour keeps them gluten-free, egg-free, and provides some additional fiber. If you are sensitive to cow's milk dairy seek out sheep's milk feta or leave the cheese out. Serve these topped with a cucumber yogurt sauce or marinara.

Prep Time: 15 mins
Total Time: 35 mins
Makes: 6-8 servings

Ingredients:

1½ pounds zucchini
1 cup crumbled feta cheese
¾ cup garbanzo bean flour
2 tablespoons avocado oil, plus more for cooking
2 tablespoons water
2 tablespoons finely chopped soft herbs (like basil, dill, chives)
½ teaspoon finely grated garlic
½ teaspoon salt plus more for finishing
½ teaspoon ground black pepper

Directions

1. Grate the zucchini on the large holes of a box grater. Transfer shredded zucchini to the center of a clean kitchen towel and squeeze to remove excess liquid.
2. Place zucchini in a mixing bowl along with feta cheese, garbanzo bean flour, avocado oil, water, herbs, garlic, salt, and pepper. Stir until well combined.
3. Heat about ¼-inch oil in a skillet over medium heat. Carefully drop generous 2 tablespoon scoops of the fritter mixture into the hot oil, flattening slightly with a spatula. Cook for 2-3 minutes or until golden brown. Flip and cook an additional 2-3 minutes until golden.
4. Place cooked fritters on a wire rack over a baking sheet. Sprinkle lightly with additional salt immediately after cooking.