Zucchini-Corn Fritters
in a new light

Makes: 6 servings
Prep Time: 10 minutes
Cook Time: 20 minutes
Difficulty: Easy

Ingredients:
• 2/3 cup stone-ground whole yellow cornmeal
• 1/3 cup all-purpose flour
• 1 teaspoon baking soda
• 1/2 teaspoon dried thyme
• 1/8 teaspoon cayenne pepper
• 1/8 teaspoon salt
• 1 large egg
• 6 tablespoons nonfat milk
• 1 medium zucchini, shredded
• 1/2 cup fresh or frozen thawed corn kernels
• 2 tablespoons canola oil

Directions:
Preheat oven to 400°F. Spray a baking sheet with nonstick spray.

Whisk together the cornmeal, flour, baking soda, thyme, cayenne pepper, and salt in a small bowl. Whisk together the egg and milk in a large bowl. Stir in the cornmeal mixture, zucchini, and corn until just blended.

Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Drop the batter by 1/4 cupfuls into the skillet to make 6 fritters and cook until browned, 2–3 minutes on each side. Transfer the fritters to the baking sheet. Repeat with the remaining oil and batter to make a total of 12 fritters. Transfer the remaining fritters to the baking sheet and bake until the fritters are heated through and slightly puffed, about 8 minutes.

Nutritional Information: Per serving (2 fritters): 150 calories, 6 g fat (1 g saturated, 0 g trans), 30 mg cholesterol, 290 mg sodium, 20 g carbohydrate, 2 g fiber, 4 g protein.