

The Everyday Kitchen

Zucchini Quinoa Fritters - *serves 4 (makes 8 fritters)*

Ingredients

1 1/2 c Zucchini, grated
1 c Cooked Quinoa
1 oz Goat Soft Goat Cheese
2 Cloves Garlic, minced
1 Egg, lightly beaten
1/2 c Bread Crumbs (Italian flavor optional)
Salt and Pepper
Olive Oil

In a medium size bowl, combine the zucchini, quinoa, goat cheese, garlic, egg, breadcrumbs, salt and pepper. Using a spoon, scoop about three tablespoons full of the mixture and pat between your hands to form a patty about the size of your palm. Repeat with the remaining quinoa mixture. Heat a pan over medium high heat and drizzle with olive oil. Carefully drop a few of the patties into the pan. Cook over medium heat about 3 minutes per side until browned and crispy on each side. Repeat with the rest of the fritters. Serve warm.

Nutrition Information* (Approximate Values): 130 Calories, 3.5g Fat, 6g Protein, 3g Fiber, 19g Carbohydrates

* Serving size 2 fritters