

Sesame Zucchini Fritters

Recipe from onegreenplanet.com

Contributed by Leslie Warmke, MG

- 2 small to medium zucchini
- 1 small onion
- 1 garlic clove
- 2 Tbs. fresh parsley
- 3/4 tsp. salt
- 1/4 tsp. baking powder
- 1/4 tsp. black pepper
- 1/2 cup rice flour
- 1/4 cup nutritional yeast
- 3 Tbs. flax meal or one egg, slightly beaten
- 3 Tbs. sesame seeds



1. Preheat oven to 425° and lightly oil a baking sheet, or line with a piece of parchment paper.
2. In a food processor, process onion, garlic, parsley and zucchini until all are a uniform size.
3. Transfer veggies to a large bowl and add all the dry ingredients, baking powder through flax meal. Stir well.
4. Moisten your hands (mixture will be a bit sticky) and form into small golf-ball-sized dollops. Place on baking sheet evenly spaced, and sprinkle the top of each with a generous amount of sesame seeds.
5. Bake for 10 minutes then remove from oven, flip them over and bake for another 10 minutes until crispy and golden brown. You may have to adjust cooking time based on oven, so give them a check around 8 minutes.