Zucchini Fritters

Serves 6

Ingredients:

- 2 cups finely shredded zucchini
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup flax or almond meal
- 2 tablespoons coconut flour
- 2 teaspoons dried oregano
- $\frac{3}{4}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon kosher salt
- 1 cup crumbled feta

- $^1/_4$ cup scallions, chopped
- 2 large eggs
- 6 tablespoons oil or butter (for cooking)
- $^1/_4$ cup Greek yogurt for garnish (optional)

Instructions:

1. Place zucchini in a fine-mesh sieve and sprinkle with salt. Toss a few times and let drain 1 hour. Then press on zucchini to release as much moisture as possible. Set aside.
2. In a large bowl, combine flax/almond meal, coconut flour, oregano, pepper and salt. Stir in feta and scallions, then stir in drained zucchini and eggs until thoroughly combined.
3. Form mixture into patties about 3 inches in diameter and $^3/_4$ inch thick. Yield should be 12 to 14 patties.
4. In large skillet, heat half of the oil or butter over medium high heat until shimmering. Place half the zucchini fritters into the pan and cook until browned and cooked through, 3 to 4 minutes per side.
5. Remove to a paper towel lined plate and repeat with remaining oil and remaining fritters. Serve warm.

Nutrition per serving: Calories 297; Total Fat 26.9 g; Saturated Fat 7.8 g; Monounsaturated Fat 8.2 g; Polyunsaturated Fat: 9.5 g; Total Carbohydrates 6.7 g; Dietary Fiber 2.6 g; Sugar Alcohols 0.1 g; Sugars 3.4 g; Protein 8.9 g; Sodium 659 mg