



# Market Open-Air Kitchen

## Seasonal Veggie Fritters & Dipping Sauce

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For group classes, support groups and 1:1 medical nutrition therapy:  
410-632-1101 ext. 1113 or worcesterhealth.org

### Fritters

October 8, 2022

#### INGREDIENTS

- 3 cups shredded veggies such as broccoli stems, carrots, sweet potatoes or zucchini
- 1/2 cup white whole wheat flour
- 1/3 cup parmesan cheese
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1/8 teaspoon chili powder
- 3 tablespoons green onions, thinly sliced
- 1 large egg, whisked
- 2 tablespoons avocado oil

#### CONTRIBUTING VENDORS

- **D.J. David & Company**
- **JABBS Seasonings**

*All contributing market vendors are located along the Green Vendor Loop.*

#### DIRECTIONS

1. If using broccoli, carrots or potatoes, bring 4 cups of water to a boil. Cook shredded veggies for 3-4 minutes and drain, squeezing out excess water. For softer vegetables such as squash, wrap in cheesecloth or a kitchen towel and squeeze out excess liquid.
2. Roughly chop veggies and place in a bowl with flour, stirring to coat.
3. Stir in cheese, onions and all seasonings. Stir in the whisked egg until vegetable mixture is well combined.
4. Heat a large skillet over medium heat. Add oil and swirl to coat.
5. Form 1/4 cup of veggie mixture by hand into a ball.
6. Add the ball into the pan and flatten slightly with the back of a spatula. Cook 3-4 fritters at a time. Cook each fritter for approximately 4 minutes on each side or until golden brown.
7. Transfer to a plate lined with a paper towel to absorb excess oil.
8. Repeat procedure with remaining mixture.

### Avocado Yogurt Sauce

#### INGREDIENTS

- 1/2 cup plain Greek yogurt
- 1/2 medium avocado
- 1 teaspoon fresh dill, chopped
- 1 teaspoon fresh chives, chopped

#### DIRECTIONS

In a blender or food processor, combine yogurt, avocado, dill and chives. Serve dipping sauce with fritters.



Find more Market Recipes at

<https://www.oceanpines.org/web/pages/farmers-artisans-market>