



NCFC KIDS CLUB

FALL VEGGIE FRITTERS

SERVES 6

INGREDIENTS

- Zucchini, grated (2 cups)
- Carrot, grated (1 cup)
- 2 potatoes, grated (2 cups)
- 1/2 white onion, grated or chopped
- 1/2 cup cheddar cheese, grated
- 1/2 cup whole wheat flour
- 2 eggs
- 1/4 tsp pepper
- salt to taste
- 1 tbsp olive oil

INSTRUCTIONS:



- Preheat oven to 425
- Wash vegetables, but no need to peel them before grating
- Place grated zucchini in a colander, sprinkle lightly with salt and let sit for 10 minutes to release some water
- While zucchini sits, place other ingredients in mixing bowl
- After 10 minutes squeeze as much water from the zucchini with your hands as possible
- Add zucchini to other ingredients
- Lightly oil a baking sheet
- Scoop 1/4 cup of mixture onto the baking sheet and flatten well
- Brush tops with oil
- Bake for 12 minutes then flip, and return to oven for another 12 minutes



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