

# CORN & ZUCCHINI FRITTERS



LifeShape Clinic

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## INGREDIENTS (SERVES 4)

1/2 cup skim milk  
2 eggs  
1 cup self-raising flour  
1 3/4 cups sweet corn  
3 large zucchini, grated, squeezed of moisture  
1/2 cup grated low-fat cheddar cheese  
2 tablespoons chopped chives  
2 tablespoons chopped flat-leaf parsley  
1 teaspoon lemon zest  
Cooking oil spray  
4 teaspoons tomato relish  
4 tablespoons light ricotta  
120g rocket

## METHOD

1. In a large bowl, combine eggs and milk. Gradually add flour and whisk, until well combined. Add corn, zucchini, cheddar, herbs and lemon zest and combine well.
2. In a large non-stick frying pan over medium heat spoon 1/4 cups of batter into pan, cook for 3 minutes per side or until golden brown. Continue this process until batter is finished, to make 12 fritters.
3. Top fritters with relish and ricotta, serving with rocket

### Tip

These are also great for brunch, or lunch the next day.

## Nutrition Guide

### PER SERVE

Energy (cal)	345cal
Protein	18.6g
Fat	7.9g
Saturated Fat	2.6g
Carbohydrate	45g
Sugar	10.2g
Sodium	605mg
Fibre	7g

### RECIPE VARIATION

1200

**Breakfast Requirement:** 270-300 cal  
**Meets Requirements:** No  
**Recommendations:** Omit ricotta cheese and reduce cheddar in batter to 1x sprinkle  
**Total Meal Calories:** 300 cal

1500

**Breakfast requirement:** 320-350 cal  
**Meets requirements:** yes  
**Total meal calories:** 345 cal

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