

CHICKEN AND ZUCCHINI FRITTERS



SERVING SIZE

4



INGREDIENTS

ITEM

QUANTITY

Ground Chicken	1 Lb.
Small Zucchini, Shredded	2
Garlic Powder	1 Tsp.
Onion Powder	1 Tsp.

ITEM

QUANTITY

Cayenne Pepper	1/8 Tsp.
Salt	1 Tsp.
Egg	1
Coconut Oil or Ghee	1 Tbsp.



PREPARATION

- Shred the zucchini using a grater, then squeeze out the excess moisture using a kitchen towel or paper towel.
- In a large bowl, combine the ground chicken, shredded zucchini, garlic powder, onion powder, cayenne pepper, salt, and egg. Mix until well combined.
- Scoop about 2 tablespoons of the mixture and shape it into a patty or fritter. Repeat until all the mixture is used.
- Heat the coconut oil or ghee in a large skillet over medium heat.
- Place the fritters in the skillet and cook for 3-4 minutes on each side, or until golden brown and fully cooked through. Work in batches if necessary.
- Remove the fritters from the skillet and let them rest on a paper towel to remove any excess oil.
- Serve warm as a main dish with your favorite sides or a dipping sauce.