



CHICKEN AND ZUCCHINI FRITTERS



INGREDIENTS

ITEM	QUANTITY
• Ground Chicken	5 Oz.
• Egg	1
• Cup Zucchini, Finely Grated and Squeezed Dry	¼ Cup
• Gluten-free Breadcrumbs	1 Tbsp.
• Fresh Dill, chopped	1 Tbsp.
• Fresh Parsley, chopped	1 Tbsp.
• Green Onion Tops, sliced	1 Tbsp.
• Lemon Zest	½ Tsp.
• Salt and Pepper	
• Lactose-free Plain Greek Yogurt	¼ Cup
• Dijon Mustard	1 Tsp.
• Fresh Lemon Juice	1 Tsp.
• Fresh Chives, finely chopped	1 Tbsp.
• Garlic-infused Olive Oil	½ Tsp.
• Salt and Freshly Ground Black Pepper, to Taste	

SERVING SIZE 1



PREPARATION

- Place grated zucchini in a clean towel and squeeze out excess moisture.
- In a bowl, combine ground chicken, egg, zucchini, breadcrumbs, dill, parsley, green onion tops, lemon zest, salt, and pepper.
- Mix until all ingredients are evenly incorporated.
- Form mixture into 4 small patties.
- Heat a skillet over medium heat with a small amount of garlic-infused olive oil.
- Cook fritters for 4-5 minutes per side until golden brown and chicken reaches an internal temperature of 165°F.
- While fritters cook, mix yogurt, lemon juice, oil, chives, green onion tops, salt, and pepper.
- Serve fritters with yogurt sauce.