

Chicken Fritters

Ingredients:

- 1 pound ground chicken
- 1-2 medium zucchini squash (about 1½ cups shredded)
- 2 garlic cloves, minced
- 2 green onions, chopped- green part only
- 1 TBS chopped fresh parsley
- ½ cup mozzarella or cheddar cheese
- 2 medium eggs, whisked
- 1/3 cup almond flour or breadcrumbs of choice
- ¼ teaspoon kosher salt
- ¼ teaspoon fresh black pepper
- 1-2 tablespoons oil for cooking

Directions

1. On a cheese grater, grate the fresh zucchini squash into small pieces and place on a paper towel.
2. Sprinkle with a tiny bit of kosher salt and squeeze to remove excess moisture.
3. Place into a large bowl with chicken, garlic, green onions, parsley, eggs, flour, and ½ teaspoon kosher salt and a sprinkle of fresh black pepper.
4. Form mixture into 3 inch patties, you should have 6 total.
5. Prepare a large nonstick or cast iron skillet with oil and bring to medium heat.
6. Cook chicken patties on each side for 4 minutes until browned on both sides and cooked through. If they're not quite cooked through but getting really brown, pop them in the oven at 350 degrees for 2 minutes or so.

*These work great on a wrap, paired with a hearty salad, chopped fresh veggies, or as a slider!

MADE WITH LOVE

by Teresa Forchard