

Baked Zucchini Fritters with Grilled Corn and Chiles

Prep Time 30 mins
 Total Time 55 mins
 Meal Type Snack, Side
 Contributed By 
 Source From [Anne Dahaney, MS, RDN](#)
 Servings 6



Ingredients

lb,c g,ml

- 6 small zucchini, *ends trimmed* (1.5 lbs)
- 1 tsp salt
- 4 scallions, *sliced thin*
- 1/4 cup fresh cilantro, *chopped*
- 3 small chili peppers, *mildly spicy*
- 2 ears fresh corn (1.5 cups corn kernals)
- 1 cup cheddar cheese, *shredded*
- salt, *to taste*
- pepper, *to taste*
- 1 large egg, *lightly beaten*
- 1/2 cup whole-wheat flour or other flour alternative
- 1/2 tsp baking powder

Directions

Prep

1. Shred zucchini in a food processor fitted with a shredding blade. Toss with salt and place in a colander for about 15 minutes to allow zucchini to release some water. Squeeze dry and place zucchini in a large mixing bowl.
2. Grill the corn and chiles. When both are charred, remove from the grill and allow to cool.
3. Slice ears of corn from cobs.
4. Peel charred chilies, seed and chop.
5. Slice scallions, chop cilantro, shred cheese

Make

1. Preheat the oven to 400° F, and line one or two baking sheets with parchment paper.
2. In large mixing bowl combine zucchini, corn, chiles, scallions, cilantro, and cheese and stir to combine. Season with additional salt if necessary, and fresh ground pepper.
3. Mix in beaten egg, flour and baking powder and stir well combine.
4. Form batter into 12, 1/4-inch tall patties and lay out on a baking sheet lined with parchment paper. Bake for about 10 minutes or until light golden brown on the bottom. Flip zucchini fritters over and bake for another 10-12 minutes on the other side.
5. Serve hot or at room temperature.

Notes

Serving size = 2 fritters Any leftover fritters can be refrigerated or frozen and reheated. If garnishing with sour cream or Greek yogurt, add some lime zest to brighten it up.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food
	Total Fat 3.3g		5%	Total Carbohydrates 21g	
Saturated Fat 1.3g		6%	Dietary Fiber 4g	14%	
Trans Fat 0.0g			Total Sugars 7g		

Calories
per serving

141

trans fat 0.0g

Cholesterol 35mg

11%

Sodium 583mg

25%

total sugars 1g

Protein 10g

contributes to a daily diet.
2,000 calories a day is used
for general nutrition advice.

Vitamin D 0mcg 1% · Calcium 135mg 13% · Iron 2mg 9% · Potassium 606mg 12%

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