



Zucchini-Corn Fritters *in a new light*

Makes: 6 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Difficulty: Easy

Ingredients:

- 2/3 cup stone-ground whole yellow cornmeal
- 1/3 cup all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon dried thyme
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon salt
- 1 large egg
- 6 tablespoons nonfat milk
- 1 medium zucchini, shredded
- 1/2 cup fresh or frozen thawed corn kernels
- 2 tablespoons canola oil

Directions:

Preheat oven to 400°F. Spray a baking sheet with nonstick spray.

Whisk together the cornmeal, flour, baking soda, thyme, cayenne pepper, and salt in a small bowl. Whisk together the egg and milk in a large bowl. Stir in the cornmeal mixture, zucchini, and corn until just blended.

Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Drop the batter by 1/4 cupfuls into the skillet to make 6 fritters and cook until browned, 2–3 minutes on each side. Transfer the fritters to the baking sheet. Repeat with the remaining oil and batter to make a total of 12 fritters. Transfer the remaining fritters to the baking sheet and bake until the fritters are heated through and slightly puffed, about 8 minutes.

Nutritional Information: *Per serving (2 fritters): 150 calories, 6 g fat (1 g saturated, 0 g trans), 30 mg cholesterol, 290 mg sodium, 20 g carbohydrate, 2 g fiber, 4 g protein.*

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

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and Education**
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A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.