



Corn Fritters



Yield: 4-6 servings

Recipe adapted from: <https://veganhugs.com/>

INGREDIENTS & EQUIPMENT

- ½ cup all-purpose flour
- ¼ cup cornmeal
- ½ teaspoon baking powder
- 1 clove garlic, minced
- Salt & pepper , to taste
- ½ cup milk or unsweetened soy milk
- 1 cup cooked corn, off the cob
- ½ cup red bell pepper, diced
- 2 green onions, thinly sliced
- grapeseed oil for frying (or any high smoke point oil)

MARKET SHOPPING LIST

- ☐ **CORN**
 - Fillman Farms
 - Growing Home
 - Iron Creek Organic Farm
 - Nichols Farm & Orchard
 - Smits Farm
 - Wholesome Harvest
- ☐ **GREEN ONION & GARLIC**
 - Froggy Meadow
 - Nichols Farm & Orchard
- ☐ **SOY MILK**
 - Phoenix Bean Tofu
- ☐ **FLOUR & CORNMEAL**
 - Severson Organic Grains

SERVING SUGGESTIONS

Garnish with fresh cilantro, parsley, or chives. You can also top it with a dollop of salsa or dip it into ranch dressing.

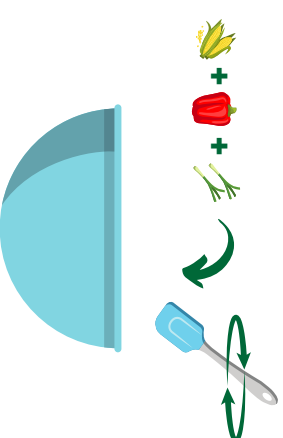


1.



To a bowl, add flour, cornmeal, garlic, baking powder, salt and pepper. Whisk to combine. Then, add the milk and whisk until combined.

2.



Add the corn, bell pepper and green onions. Gently fold with a spatula to combine.

3.



In a skillet heat oil over medium heat until hot. Scoop batter into the pan and cook for 2-4 minutes per side or until golden brown.

4.



Place fritters on paper towel-lined plate to absorb excess oil. Serve warm with sour cream or ranch dip.