



Crispy Broccoli-Carrot Fritters with Yogurt-Dill Sauce

- 2 cups broccoli florets, grated
- 1 cup carrots, grated
- 1/2 medium onion, grated
- 1/2 cup all-purpose flour
- 1/3 cup grated Parmesan Cheese
- 1/2 tsp salt (optional)
- 1 large egg
- 2 Tbsp olive oil



Sauce:

- 1 cup plain low-fat yogurt
- 1 teaspoon chopped dill

1. Finely grate broccoli, carrots and onion.
2. Place this mixture and flour in a large bowl, stir to coat.
3. Add cheese, salt, pepper and eggs, stir to combine.
4. Heat a large nonstick skillet over medium-high heat.
5. Add oil to pan; swirl to coat.
6. Spoon 1/4 cup of broccoli mixture into measuring cup-
7. Pour mixture into pan; flatten slightly.
8. Repeat to form 8 fritters.
9. Cook 4 minutes on each side or until golden brown.
10. Combine yogurt and dill in small bowl and serve as dip.
(Ranch dressing could also be used)

Nutrition Facts	
Serving Size 1 Fritter (60g)	
Servings Per Container 8	
Amount Per Serving	
Calories 90	Calories from Fat 45
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% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	6%
Cholesterol 30mg	10%
Sodium 220mg	9%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 4g	
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Vitamin A 60%	Vitamin C 30%
Calcium 6%	Iron 4%

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