

Zucchini Bread Recipes

Easy 5-Ingredient Zucchini Fritters Recipe

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 medium zucchini (about 3 cups grated)
- [ ] 2 large eggs
- [ ] 1/2 cup all-purpose flour
- [ ] 1/2 teaspoon salt
- [ ] 1/4 teaspoon black pepper
- [ ] 2 tablespoons olive oil for cooking

Instructions

1. Start by washing your zucchini thoroughly and patting them dry with a clean kitchen towel. Grab your box grater and use the large holes to grate the zucchini – you should end up with about 3 cups loosely packed. This part always makes me think of my grandma's kitchen – the rhythmic sound of grating, the fresh green shreds piling up in the bowl. Place the grated zucchini in a clean kitchen towel or several layers of paper towels, and really squeeze out as much liquid as you can. I mean, really press – you'll be amazed how much water comes out! This step is crucial for getting crispy fritters instead of soggy ones.

2. In a medium mixing bowl, combine your squeezed-dry zucchini with the eggs, flour, salt, and pepper. I like to use my hands for this – there's something so satisfying about feeling the ingredients come together. Mix until everything is well combined – the batter should be thick but still moist. If it seems too wet, add another tablespoon of flour. Too dry? Another egg will fix it. Let the batter rest for about 5 minutes – this allows the flour to absorb any remaining moisture and makes the fritters hold together better.

3. Heat the olive oil in a large skillet over medium heat. You want it hot enough that a drop of water sizzles immediately. Using a tablespoon, drop portions of the batter into the hot oil, gently pressing them down with the back of the spoon to form little patties. Don't overcrowd the pan – leave some space between them so they can cook evenly. Listen for that gentle sizzle – it's the most comforting sound. Cook for about 3-4 minutes per side, until they're golden brown and crispy around the edges.

4. Once beautifully golden on both sides, transfer the fritters to a plate lined with paper towels to drain any excess oil. Let them rest for just a minute – this helps them crisp up even more. Serve them warm – they're perfect with a dollop of Greek yogurt or sour cream, or just on their own. That first bite into the crispy exterior giving way to the tender zucchini inside... it's pure comfort. Enjoy immediately while they're at their absolute best!

Nutrition per serving

85 kcal	4 g	8 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- **Squeezing is key** - I know I keep saying it, but really squeeze that zucchini well. The difference between soggy and crispy fritters is all in how much moisture you remove. I sometimes even let the grated zucchini sit in a colander for 10 minutes before squeezing to draw out even more liquid.
- **Don't skip the rest** - Letting the batter rest for those 5 minutes makes a noticeable difference in how the fritters hold together. It gives the flour time to properly hydrate and absorb the zucchini's moisture, resulting in much nicer texture.
- **Pan temperature matters** - If your pan isn't hot enough, the fritters will absorb too much oil and become greasy. Too hot, and they'll burn before cooking through. Medium heat is your sweet spot – you want that gentle sizzle when the batter hits the oil.
- **Get creative with additions** - These fritters are a wonderful base for experimentation. Sometimes I add grated Parmesan cheese, fresh herbs from my garden, or even a pinch of smoked paprika for extra depth. They're incredibly versatile and forgiving.