

Zucchini Bread Recipes

# Zucchini Chickpea Fritters Recipe - Egg Free and Healthy

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| **15 min** Prep time | **20 min** Cook time | **35 min** Total time |
| **4** Servings | **Easy** Difficulty | **Mediterranean** Cuisine |

## Ingredients

### For the Fritters

- [ ] 3 medium zucchini, coarsely grated (about 4 cups)
- [ ] 1 ½ cups chickpea flour
- [ ] ½ cup finely chopped fresh dill
- [ ] ¼ cup finely chopped fresh parsley
- [ ] 3 cloves garlic, minced
- [ ] 1 teaspoon baking powder
- [ ] 1 teaspoon ground cumin
- [ ] ½ teaspoon salt
- [ ] ¼ teaspoon black pepper
- [ ] ½ cup water (more if needed)
- [ ] 3 tablespoons olive oil for frying

### For Serving

- [ ] Lemon wedges
- [ ] Plain yogurt or tzatziki
- [ ] Fresh herbs for garnish

## Instructions

1. Place the grated zucchini in a clean kitchen towel and squeeze firmly to remove as much liquid as possible. This step is crucial for crisp fritters. Transfer to a large bowl.
2. Add the chickpea flour, dill, parsley, garlic, baking powder, cumin, salt, and pepper to the zucchini. Mix well with a spoon or your hands until combined.
3. Gradually add the water, stirring until you have a thick but scoopable batter. It should hold together when pressed. Let the batter rest for 10 minutes to allow the chickpea flour to hydrate.
4. Heat 2 tablespoons of olive oil in a large non-stick skillet over medium heat. Scoop about ¼ cup of batter for each fritter, flattening slightly with the back of the spoon. Cook for 3-4 minutes per side until golden brown and crisp.
5. Transfer cooked fritters to a paper towel-lined plate. Add more oil as needed and continue cooking remaining batter. Serve warm with lemon wedges and yogurt.

### Nutrition per serving

| 180 kcal | 8 g | 20 g | 8 g |
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| Calories | Protein | Carbs | Fat |

**Tips & notes**

- Squeeze the zucchini thoroughly – excess moisture will make soggy fritters
- The batter should be thick but spreadable – add more water a tablespoon at a time if too thick
- Don't overcrowd the pan – cook in batches for best results
- These reheat well in a toaster oven or air fryer to restore crispness