

# Chicken Zucchini Fritters

## Diabetes Friendly

**Items Needed:** measuring cups, measuring spoons, fork, medium bowl, skillet, spatula, grater

**Serves:** 5

### Ingredients:

- 1 6 ounce chicken breast, cooked, shredded
- 1 ½ cups shredded zucchini (~ 1 whole medium zucchini)
- ½ cup flour
- 2 tsp baking powder
- 1 egg
- 1 tsp salt
- 1 tsp ground black pepper
- 1 pinch garlic powder

### Directions:

1. In mixing bowl, shred zucchini with a box grater, squeeze zucchini to remove water, dump water from bowl into sink and add zucchini back to bowl
2. Add chicken, egg, salt, ground black pepper, garlic powder to zucchini mixing well
3. In a small bowl combine flour with baking powder, mixing to incorporate with each other
4. Add flour to wet mixture and stir just to combine
5. Make golfball sized balls out of the dough ~ 20 fritters
6. Heat skillet over medium-high heat and spray with cooking oil spray to lightly coat skillet
7. Take fritter and press into a disc before adding to skillet
8. Cook for 3 minutes on one side, flip and cook for another 3 minutes until golden brown and temperature inside fritter reaches 160°F
9. Fritters are best served hot

### Nutrition Information (per 4 fritters):

Calories: 123 Fat: 3 g Carbs: 9 g Protein: 14 g Fiber: 2 g Sodium: 267 mg

<https://wexnermedical.osu.edu/nutrition-services>

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