

## Power-Veggie Fritters

These fritters deliver. You can make them with any combination of vegetables, herbs, and seasonings you love, plus, the cooked, cooled fritters can be stored in the refrigerator for a quick hit of vegetables anytime (they are delicious warm, cold, or at room temperature). The chickpea flour in the batter leads to perfectly cooked, extra-crispy, flavorful fritters every time.

*Makes 20 Fritters*

### INGREDIENTS

- 2 large eggs
- ¼ cup warm (not hot) water
- ¾ cup (90 grams) chickpea flour
- 3 cloves garlic, minced
- ¾ teaspoon fine sea salt
- ¾ teaspoon baking soda
- ¼ teaspoon freshly ground black pepper
- 3 cups finely shredded vegetables (such as sweet potatoes, zucchini, carrots, parsnips, or beets)
- 1 cup finely chopped broccoli or cauliflower
- ½ cup freshly grated Parmesan cheese
- 5 teaspoons olive oil

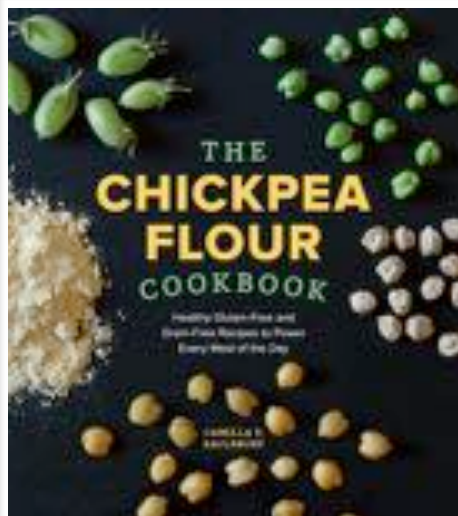
### PREPARATION

1. Preheat the oven to 250°F.
2. In a large bowl, whisk the eggs, water, flour, garlic, salt, baking soda, and pepper until blended and smooth. Stir in the shredded vegetables, broccoli, and Parmesan cheese.
3. Heat 1 teaspoon of the olive oil in a large nonstick skillet over medium-low heat. Scoop four ¼-cup-size mounds of batter into the skillet, pressing down slightly to flatten. Cook 2½ to 3 minutes on each side, flipping once with a spatula and pressing down again to flatten, until golden brown and cooked through.
4. Transfer the finished fritters to a paper towel-lined plate to drain and then place on an ungreased baking sheet in the oven to stay warm, keeping them in a single layer to maintain crispness. Repeat with the remaining oil and batter. Serve warm.



**Make it vegan!** Replace the Parmesan cheese with ½ cup nutritional yeast flakes and replace the eggs with 2 psyllium “eggs.”

**Storage tip** Store the cooled fritters in an airtight container in the refrigerator for up to 5 days. Reheat in the microwave on a paper towel for 12 to 15 seconds. Alternatively, enjoy cold or at room temperature.



### The Chickpea Flour Cookbook By Camilla V. Saulsbury

Lake Isle Press, 2015

“The Chickpea Flour Cookbook is a comprehensive and inspiring collection of gluten-free recipes, destined to spend more time open on the counter than on your shelf.”  
— EMMA CHRISTENSEN, SIMPLY RECIPES

Exceptionally high in protein, fiber, and iron, and gluten-free, grain-free, nut-free, and low-glycemic, It’s the health benefits of chickpea flour make it ideal for a wide range of sweet or savory recipes. The Chickpea Flour Cookbook is the go-to resource for using this tremendously versatile and nutritious pantry staple with more than 80 delicious, healthy, easy-to-make recipes to power every meal of the day.

Find out more: <https://www.lakeislepress.com/books/the-chickpea-flour-cookbook>

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