



## Vegetable Fritters & Basil Cream Sauce

Yields: 8 Fritters

### Ingredients

- 1 large carrot
- 1 zucchini
- 1 yellow squash (or red [bell pepper](#))
- 1/3 cup flour
- 1/3 cup Parmesan cheese, freshly grated
- 1/2 tsp salt
- 1/8 tsp pepper
- 1 egg
- 1/2 cup of vegetable oil
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- Dipping Sauce:
- 2/3 cup sour cream
- 2/3 cup of fresh chopped basil
- 1 tsp fresh lemon juice
- 1/2 tsp salt
- 1/2 tsp pepper

### Cooking Guide

1. Start with Dipping Sauce.
2. Add all ingredients in blender and process until smooth.
3. Refrigerate while cooking the fritters.
4. Shred the three vegetables on coarse side of a grater.
5. Pat vegetables with paper towels until very dry.
6. Mix in with the vegetables the flour, cheese, salt & pepper, and egg.
7. Heat oil over medium heat in skillet.

8. Drop 1/4 cup of batter into hot oil and flatten to make about a 3 inch round.
9. Fry fritters, 2-3 minutes on each side or until golden brown.
10. Place on paper towels and keep warm in oven until ready to serve.