



## Greek-Inspired Baked Zucchini Fritters with Cashew Tzatziki

Madeline Krantz, New World Kitchen,

Country: Greece

### Ingredients:

1 cup, soaked, plus 1/3 cup, unsoaked raw unsalted cashews  
2 medium zucchini  
1 tablespoon plus 1 teaspoon lemon juice, divided  
1/2 teaspoon red wine vinegar  
1 teaspoon nutritional yeast  
1/4 heaping teaspoon garlic powder  
1/4 heaping teaspoon oregano  
1 tablespoon Bob's Red Mill brand egg replacer  
2 tablespoons scallions, chopped  
2 tablespoons red onion, chopped  
2 tablespoons fresh mint, chopped  
4 tablespoons fresh dill, chopped (divide among fritters and tzatziki)  
1/2 teaspoon lemon zest  
2 tablespoons all-purpose flour or rice flour if gluten-free  
1/3 cup plain breadcrumbs - regular or gluten-free  
1 English cucumber  
1 tablespoon apple cider vinegar  
Salt, divided, 1 1/8 teaspoons total  
Pepper, about 1/8 teaspoon total  
Water  
Drizzle of olive oil for coating parchment paper

### Instructions:

1. Add 1 cup of cashews to a small bowl and cover with about an inch of water. Allow to soak for at least an hour.
2. In a food processor, use the shredding blade to shred 2 cups of zucchini. Toss the shredded zucchini with a pinch of salt. Set aside for about 30 minutes to release excess water.
3. Make the Cheesy Cashew Crumble: in the food processor with the S blade, combine 1/3 cup raw unsoaked cashews with 1 teaspoon lemon juice, 1/2 teaspoon red wine vinegar, 1 teaspoon nutritional yeast, 1/4 heaping teaspoon garlic powder, 1/4 heaping teaspoon oregano, 1/8 teaspoon salt, and a pinch of pepper. Pulse in the food processor until it's ground into small uniform pieces, like a parmesan sprinkle.
4. Pre heat the oven to 375°F.
5. Make the egg replacer mixture by whisking together 1 tablespoon of the egg replacer and 2 tablespoons water in a small bowl. Allow it to sit for a few minutes to thicken.
6. Chop the scallions, fresh herbs and red onion. Zest the lemon.



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7. Using a tea towel or cheesecloth, squeeze as much moisture as you can out of the shredded zucchini and pat dry.
8. In a medium-sized bowl, combine the shredded zucchini, the Cheesy Cashew Crumble , the fresh herbs, red onion, breadcrumbs, flour, egg replacer mixture, lemon zest,  $\frac{3}{4}$  tsp salt, and scant  $\frac{1}{8}$  tsp pepper. Mix together until it can be molded into patties.
9. Line a baking sheet with parchment paper or a silicone baking mat and drizzle a bit of olive oil over it to help the fritters turn golden and crispy.
10. Use a  $\frac{1}{4}$  cup measuring cup to portion the mixture, rolling each scoop into a ball and pressing it down into a small patty, smoothing out the edges as needed.
11. Bake for 15 minutes, then flip the fritters and bake for another 10 minutes.
12. While the fritters are baking, make the Cashew Tzatziki sauce: Slice the cucumber lengthwise and scoop out the seeds. Using the shredding blade in the food processor, shred the cucumber.
13. Drain the soaking cashews and add to a high-speed blender along with  $\frac{1}{3}$  heaping cup water, 1 tablespoon apple cider vinegar, 1 tablespoon lemon juice, and  $\frac{1}{4}$  tsp salt. Blend until smooth.
14. Pour the sauce into a bowl and stir in the shredded cucumber and 2 tablespoons chopped dill.
15. Once the patties are baked, they can be eaten warm out of the oven, or reheated in a pan with a little olive oil later on. Serve with the Cashew Tzatziki for dipping.

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