



Yellow Squash & Corn Latkes

Ingredients

- 2 medium yellow squash
- 1/4 cup corn, canned or fresh
- 2 eggs
- 2 TBSP flour
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 cup cheddar cheese

Directions:

1. Shred yellow squash; Squeeze out liquid using a paper towel
2. Add to a bowl with eggs, flour, corn, cheese, salt, and pepper; Mix until well combined
3. Heat avocado oil in a large frying pan; Use hands to form mixture into patties; Carefully drop into pan, in batches
4. Fry until crust is golden brown; Flip and fry until golden brown on other side, about 2-3 min per side.
5. Transfer to a plate lined with paper towels; Allow to cool

Equipment

Grater or food processor
Large bowl
Frying pan, spatula
Baking sheet, paper towels

Cost: 

Ease: 

Health Benefit: Yellow foods like corn and yellow squash are great sources of vitamin C, potassium, and folate to support a healthy immune system and overall health.

Fare  Meals
by Arielle