

# ABC Fritters & Dip

(Amazing Broccoli Carrot)

## Dip:

Plain yogurt	½ cup
Parsley	½ teaspoon
Oregano	¼ teaspoon
Basil	¼ teaspoon
Garlic powder	1/8 teaspoon
Onion powder	1/8 teaspoon
Salt	1/8 teaspoon
Pepper	1/8 teaspoon



## **Directions:**

1. In a small bowl, mix all the ingredients together. Put in the fridge while you make the fritters.

## ABC Fritters:

Frozen broccoli florets	3 cups (about 250g)
Carrots, whole	2
Green onions	Up to 3
Garlic powder	¼ teaspoon
Salt	¼ teaspoon
Flour, white or whole wheat	½ cup
Eggs	2
Oil (used to coat frying pan)	1 tablespoon

## **Directions:**

2. Thaw frozen broccoli by placing florets in a bowl of hot water, let sit for 3 minutes, then drain off water and put florets on a paper towel lined plate. Chop broccoli thinly.

**NOTE:** *If you have fresh broccoli, wash it and cook it: add broccoli to a pot of boiling water (enough water to just cover broccoli), lower heat, add lid and simmer/steam for about 5 minutes. Drain and rinse with cold water, place on paper towel lined plate. Chop broccoli thinly.*

3. Wash carrots and green onions under cool running water.
4. Peel and grate carrots using a small-holed cheese grater. Chop green onions thinly.
5. Add broccoli, carrots and green onions to a large bowl. Also add the garlic powder, salt, flour, eggs and mix very well.
6. Heat 1 teaspoon of oil in a large frying pan over medium heat. Once hot, add the mixture in ¼ cup scoops and flatten each fritter with a spatula.
7. Cook the fritters for 4 minutes on each side, until golden brown on both sides. Add another teaspoon of oil between batches. Place cooked fritters onto a plate. Serve with dip. Makes 10 fritters.

