

Crispy Zucchini Fritters Recipe

4 MIN READ

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An easy, savory recipe that transforms extra garden zucchini into golden, crunchy fritters perfect for dinner, sides, or even breakfast.

It's summer squash season, and for many of us, that means figuring out what to do with *all the zucchini* from our garden or CSA box. Fritters are a fabulous solution. These savory pancakes make a flavorful, veg-forward main course for dinner or a tasty side dish — and are equally delicious topped with a poached or fried egg at breakfast. The key to crispy cakes is removing as much of the liquid from the zucchini as possible. Serve with tzatziki or plain Greek yogurt, and a squeeze of lemon.

Crispy Zucchini Fritters Recipe

Ingredients:

- ■ 1 pound medium zucchini (3-4), shredded
- ■ 2 eggs, beaten
- ■ ½ medium red onion, chopped
- ■ 2 cloves garlic, minced
- ■ 2 tablespoons fresh dill, chopped
- ■ ½ cup all-purpose flour
- ■ 1 teaspoon baking powder

- ■ 1 teaspoon salt, divided
- ■ ¼ teaspoon ground black pepper
- ■ ½ – ¾ cup crumbled feta cheese
- ■ 1 tablespoon lemon zest (keep lemon quarters for garnish)
- ■ 4 tablespoons olive or avocado oil
- ■ Optional variation: Swap the dill and feta for oregano or thyme and shredded Parmesan, and leave out the lemon zest and juice.

You'll need:

- ■ Large, heavy flat-bottom fry pan (cast iron works well)
- ■ Colander
- ■ Bowl
- ■ Spatula
- ■ Cheesecloth or clean tea towel
- ■ Plate or tray lined with a double-layer paper towels

Instructions:

1. **1 Place shredded zucchini in a colander** and toss with ½ teaspoon salt. Set the colander in the sink while you prepare the rest of the batter.
2. **2 In the bowl, combine** the eggs, onion, garlic, dill, flour, baking powder, the remaining ½ teaspoon salt, and black pepper.
3. **3 Transfer the zucchini to the cheesecloth** or tea towel and squeeze out as much liquid as possible. Take your time with this step — it's essential for crisp fritters. By the end, the zucchini should have about half the original volume.
4. **4 Add the drained zucchini to the batter and mix to combine.** The batter should be

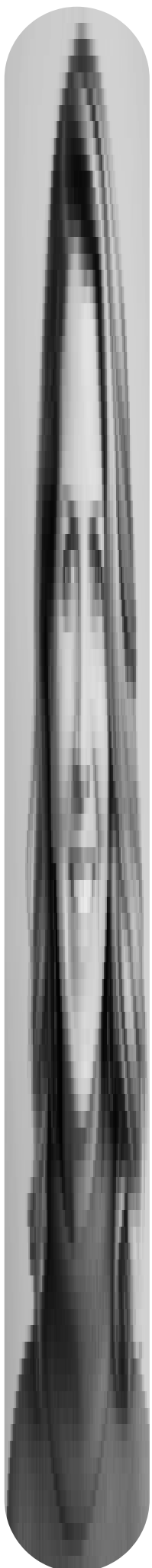
fairly firm, not runny. If not, add a bit more flour.

5. **5 Heat the oil in the frying pan over medium-high heat.** When hot (a drop of water should sizzle), spoon about 2 tablespoons of batter into the oil, and flatten gently with the spatula. You can cook many fritters that fit comfortably without touching, but don't crowd the pan.
6. **6 Cook for 3-4 minutes**, until light golden brown. Flip and cook for another 3-4 minutes.
7. **7 Transfer cooked fritters to the paper-towel-lined plate.** (If making a large batch, keep the cooked fritters warm in a 250-degree oven while you finish.) Add more oil to the pan as needed, allowing it to heat up fully.
8. **8 Serve hot**, topped with tzatziki and a squeeze of fresh lemon juice.

Nutrition (4 servings): Calories: 289; Carbohydrates: 19 g; Protein: 9 g; Fat: 21 g (14 g unsaturated); Fiber: 2 g

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