



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

Broccoli Parmesan Fritters

Smittenkitchen.com

Recipe Provided by Whitney Melton

Yields: 9 - 2 – 2 ½ inch fritters

There's a lot of broccoli and very little pancake in this fritter! The broccoli is not grated or pureed, but left in small, recognizable bits that are bound lightly, faintly, to their batter of egg, parmesan and flour. And when you cook them right — that is, to a crisp in a preheated, heavy, oil-slicked skillet — they get a fantastic crisp edge to them.

- 8 oz (1 small-to-medium bundle, 225 grams) fresh broccoli (3 cups chopped)
- 1 large egg
- 1/2 cup all-purpose flour
- 1/3 cup (30 grams) finely grated parmesan cheese
- 1 small clove garlic, minced
- ½ teaspoon Kosher salt, plus more to taste
- A pinch of red pepper flakes or several grinds of black pepper
- Olive or vegetable oil for frying

Preparation:

Prepare your broccoli: Separate the florets from the biggest stem(s). Cut the florets into 1-inch chunks. To prepare the stems, peel them, as the skin can be thick and doesn't cook quickly, then slice them into 1/2-inch lengths. You should have about 3 cups of chopped broccoli total.

Steam your broccoli until tender but not mushy: Use whatever method you prefer. A quickie method is to bring a 1/2-inch or so of water to a boil in a small saucepan, then add the broccoli, place a lid on it and simmer it for 5 to 6 minutes. Drain the broccoli, then set it aside to cool slightly.

In the bottom of a large bowl, lightly beat your egg. Add the flour, cheese, garlic, salt and pepper. Then, add the somewhat cooled broccoli and, using a potato masher, mash the broccoli just a bit. You're looking to keep the bits recognizable, but small enough (1/4- to 1/2-inch chunks) that you can press a mound of the batter into a fritter in the pan. Once mashed a bit, stir or fold the ingredients together the rest of the way with a spoon. Adjust seasonings to taste.

Heat a large, heavy skillet over moderate heat. Once hot, add a good slick of oil (I usually use a mix of olive and vegetable oil), about 2 to 3 tablespoons. Once the oil is hot (you can test it by

flicking a droplet of water into it; it should hiss and sputter), scoop a two tablespoon-size mound of the batter and drop it into the pan, then flatten it slightly with your spoon or spatula. Repeat with additional batter, leaving a couple inches between each. Once brown underneath, about 2 to 3 minutes, flip each fritter and cook on the other side until equally golden, about another 1 to 2 minutes.

Transfer briefly to paper towels to drain, then to a serving plate if you'll be eating them shortly or a baking sheet in a 200 degree oven if you'd like to keep them warm for a while until needed. Repeat with remaining batter, adding more oil as needed.

Serving Suggestion: These are great with a dollop of the garlicky lemon yogurt! Use 1 cup plain yogurt, 2 tablespoons lemon juice, 1 tiny minced clove of garlic, a bit of zest and salt.