

Pattypan Squash Fritters

INGREDIENTS:

- Oil (frying)
- 2 eggs
- ½ cup milk substitute
- 2 cups pattypan squash (shredded)
- 1 teaspoon oil
- 1 cup rice flour
- 1 teaspoon baking powder
- 1 teaspoon salt

PREPARATION:

Before shredding, cut out the stem of the squash (no need to peel it). If the squash is large (more than 4 inches across, you may wish to cut out the bigger seeds. Preheat about ½ inch oil over medium-high heat in a deep skillet. Beat the eggs, milk substitute and oil into the squash in a large bowl, then add the rice flour, baking powder and salt and mix until combined with a few strokes. Drop tablespoons of batter into hot oil –in a big skillet, you can cook up to 8 at a time. Cook until brown, turn with a spatula, and cook the other side until brown. Drain on newspaper or other suitable draining surface. Serve with horseradish sauce, ketchup, etc.

<http://www.yummly.com/recipe/Pattypan-Squash-Fritters-Recipezaar?print=true>

NOTES FROM THE COOK: