

Zucchini Fritters

with Endive, Nectarine & Parmesan Salad

In this recipe, you'll make a delicious salad using nectarines. Named for Nectar, the mythical drink of the Greek gods, these tasty summer fruits have an unmistakably fine flavor. Nectarines are, botanically, identical to peaches. (In fact, peach trees occasionally grow nectarines, and vice versa.) But nectarines have an ambrosial sweetness all their own. Here, you'll accent it with two kinds of endive and the slight nuttiness of shaved Parmesan cheese.



Ingredients

- 2 Cloves Garlic
- 2 Zucchini
- 1 Bunch Mint
- 1 Lemon
- 1 Nectarine
- 1 Yellow Endive
- 1 Red Endive
- 1 Red Onion
- 2 Tablespoons All-Purpose Flour
- $\frac{3}{4}$ Cup Cornmeal
- $\frac{1}{2}$ Cup Low-Fat Milk
- 2 Ounces Parmesan Cheese

Makes 2 Servings
About 565 Calories Per Serving



Instructions

1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and mince the garlic; then, using the flat side of your knife, smash until it resembles a paste. Quarter the zucchini lengthwise; remove and discard the seeds. Small dice the zucchini. Pick the mint leaves off the stems; discard the stems and finely chop the leaves. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Pit and thinly slice the nectarine. Cut off and discard the roots of the endives; thinly slice the endives. Peel and small dice the onion.

2



Start the batter:

In a large bowl, combine the **corn meal, flour** and $\frac{1}{2}$ **cup of milk** (you will have extra milk). Stir to create a thick batter. Season with salt and pepper to taste.

3



Finish the batter:

Add the **zucchini, garlic paste, lemon zest, half the mint** and **as much of the onion as you'd like** (you may have extra onion); season with salt and pepper to taste. Stir until well combined. (The batter will be thick and lumpy.) Let stand for at least 5 minutes.

4



Cook the fritters:

In a large pan (nonstick, if you have one), heat a thin layer of oil on medium until hot. Carefully add the **zucchini mixture** to the hot pan to create 4 equal-sized fritters. Cook, carefully flipping with a spatula, 3 to 4 minutes per side, or until golden brown and cooked through. Transfer the cooked fritters to a paper towel-lined plate and immediately season with salt.

5



Dress the salad:

In a medium bowl, combine the **endives, nectarine** and **remaining mint**. Add the **juice of 2 lemon wedges** and a drizzle of olive oil; season with salt and pepper to taste. Gently toss to mix.

6



Plate your dish:

Divide the **fritters** and **salad** between 2 plates. Using a vegetable peeler, shave the **Parmesan cheese** on top of the salad. Garnish with the **remaining lemon wedges**. Enjoy!