

CO-OP MEALS
Dinner in 30

Butternut Squash Fritters

Inspiration from the *Washington Post*.
Serves 2-4 as a main dish, suggested pairing below

Shopping List:

- 1 pound butternut squash (1 small or 1/2 large)
- About 10 fresh thyme sprigs
- (Optional) green vegetable to pair with fritters, such as bok choy, broccoli, or swiss chard

Pantry items:

- 1/2 cup flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/4 cup finely grated Parmesan-Reggiano cheese
- 1 large egg
- 1/4 cup milk
- About 1/2 cup oil, for frying

Prep:

Pierce the skin of the squash a few times and microwave for 3-5 minutes. Slice squash in half length-wise, remove seeds, and peel.

Using a food processor or cheese grater, grate the squash. Grate cheese as needed.

Cook:

Combine the flour, baking powder, salt and thyme in a large bowl. Add the squash, cheese, milk and egg. Stir until well incorporated.

Heat oil in a skillet over medium-low heat. Once hot, carefully add spoonfuls of the fritter mix to the pan, several at a time but without over-crowding. Flip after 3-5 minutes, adjusting temperature if fritters look too dark or oil starts to smoke.

Remove fritters from the pan once both sides are golden brown. Transfer to a paper towel or newspaper-lined plate. Repeat until batter is finished.

Meanwhile, steam green vegetable in microwave and/or braise in an oiled pan while fritters finish cooking.

Tips and Hints

From Co-op Nutrition Specialist Hannah Brilling

• Tips for green veggies:

For both bok choy and swiss chard, remove leaves from stems to begin. Roughly chop stems and add to a hot pan with oil and desired spices. Meanwhile, roughly chop the leaves and add only when stems are tender. Cook only until leaves have wilted, then remove from heat.

Broccoli can be cut into bite-sized pieces and microwaved with a splash of water and a dash of salt for 5 minutes. Once tender, either serve or brown quickly in a hot pan.

• Serve as an appetizer:

Fritters make a great appetizer, as you can eat them with your fingers!

Consider a store-bought or homemade honey mustard dipping sauce to serve in addition.

Nutrition Facts

4 servings per container

Serving size

Amount Per Serving

Calories **290**

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 820mg **36%**

Total Carbohydrate 26g **9%**

Dietary Fiber 3g **11%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 7g **14%**

Not a significant source of vitamin D, calcium, iron, and potassium

To reduce sodium, omit salt from ingredients list

CO-OP
FOOD STORES