

Cook a Yummy, Healthy Lunch!

with Billie B. Brown

BILLIE B. BROWN LOVES COOKING! Sometimes she makes special treats. But most of the time she likes to make yummy, healthy food! Here is her favorite lunch recipe - maybe you could try and make it at home!



INGREDIENTS

around 4 cups veggies
(Pick your favorites! I like zucchini,
sweet potato and corn.)

1 egg

1/2 cup grated cheese

1 1/2 cup all-purpose flour
(or chickpea flour for gluten free)

1 clove minced garlic or
1 teaspoon crushed garlic

2 tablespoons olive oil

Recipe: VEGGIE FRITTERS

Prep time:
10 mins

Cooking time:
10-20 mins

Makes: 12

Don't forget to
wash your dishes
when you're
done!

TOP TIP

No matter what she wants to cook, Billie always asks a grown-up if it's OK before she starts. And she always, always asks for help when she's using the stove or oven. You should do that, too!

METHOD

1. Preheat the oven to 350 degrees and line a baking sheet with nonstick parchment.

2. Grate vegetables.

3. Remove excess moisture from zucchini by placing grated zucchini in a clean tea towel, scrunching it together and squeezing until towel is damp.

4. Repeat with the sweet potato - place it in a clean towel and squeeze out the moisture.

5. Whisk the egg in a large bowl.

6. Add the veggies to the bowl and mix together.

7. Add the cheese, flour, garlic and oil into the bowl and combine.

8. Roll mixture into balls and flatten down the top. Each fritter should measure approximately 3 in. wide. Place onto baking sheet lined with parchment paper.

9. Once tray is full, brush fritters with olive oil and bake at 350 degrees for 20 minutes, until the fritters are golden.



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