

# WHOLE GARLIC PRESERVE

## SEASONAL CHICKPEA FLOUR FRITTERS

RECIPE BY OLIVIA MILLER

### SUMMER ZUCCHINI BASIL

- 1 onion, minced
- 2 fresh scallions, chopped
- 2 heaping tablespoons ***Atina Whole Garlic Preserve***, chopped
- 1 zucchini, grated
- 1 cup fresh basil, finely chopped
- 3/4 cup chickpea/besan flour
- 2 eggs

### FALL SQUASH KALE

- 1 cup kale, finely chopped
- 1 poblano pepper, diced
- 2 heaping tablespoons ***Atina Whole Garlic Preserve***, chopped
- 1 cup butternut squash, grated
- 1/2 cup chickpea/besan flour
- 1 egg

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## METHOD

### SUMMER ZUCCHINI BASIL

1. Sauté onion, scallion and garlic preserve
  2. Squeeze grated zucchini in cloth to remove excess liquid
  3. Whisk eggs and mix in chickpea flour
  4. Stir in the sauté mixture, grated zucchini and basil
  5. Heat up a pan with a drizzle of oil, scoop a large spoonful of batter and fry on each side for 2-3 minutes until crispy
- Makes 7-8 fritters*

### FALL SQUASH KALE

1. Sauté pepper and kale until wilted, mix in garlic preserve
2. Squeeze grated squash in cloth to remove excess liquid
3. Whisk eggs and mix in chickpea flour
4. Stir in the kale pepper mixture and grated squash
5. Heat up a pan with a drizzle of oil, scoop a large spoonful of batter and fry on each side for 2-3 minutes until crispy

*Makes 5-6 fritters*

Optional: Use a different type of pepper to add more or less heat and play around with different herb/spice combinations!

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