



SUPER GREEN VEGGIE FRITTERS



Time
35 min



Servings
4

Calcium Recommended Daily Intake
19%

Calories

334

Calcium

260mg

Protein

20g

Vitamin D

49 IU

Ingredients

- 1 cup of spinach
- 1 cup of kale
- 2 cups of broccoli
- 4 medium carrots
- 1/2 cup of corn kernels
- 4 whole eggs
- 1/2 cup of onion
- 1/2 cup of wholemeal breadcrumbs
- 1/2 cup of wholemeal flour
- 1/3 cup of parmesan cheese
- 1/2 tsp of baking powder
- 1 tsp of minced garlic
- Chives to taste
- Salt & pepper to taste
- 2 tbsp of olive oil

Instructions

1. Grate carrots & chop broccoli, onion spinach, kale and chives into small pieces.
2. Combine chopped vegetables, corn kernels, garlic and chives in a large mixing bowl.
3. In a separate bowl, whisk eggs. Add the whisked eggs to the vegetables and stir gently to combine. Slowly add flour, baking powder and breadcrumbs, mix well.
4. Add parmesan cheese, salt and pepper as desired, stirring again.
5. Bring a large pan or skillet over medium heat, Grease the pan with olive oil, then using a scoop or large spoon, place mixture into the pan, flattening these gently to form a patty.
6. Cook for 4 to 5 minutes on either side. Once cooked, remove from pan to a cooling rack. Repeat until all mixture is used.
7. Enjoy as a snack, served with salad or your favourite lean meat or alternative.



Find more calcium rich recipes:
<https://www.osteoporosis.foundation/patients/recipes>