

Recipe for: GREEN ONION & SPINACH CORNMEAL FRITTERS

INGREDIENTS

- ½ cup green onions, chopped
- ½ cup spinach, chopped
- 1 cup cornmeal
- 2 eggs
- ½ cup shredded cheese (cheddar or mozzarella work well)
- 1 ½ teaspoon garlic powder
- 1 teaspoon paprika
- Salt to taste
- ¼ cup water
- 2-4 tablespoons of coconut oil for frying

DIRECTIONS

1. Combine all ingredients except coconut oil in a medium mixing bowl and mix until well combined.
2. Heat 1 tablespoon of coconut oil in a large skillet over medium heat.
3. Once the pan is heated, scoop out ¼ cup of the cornmeal mixture and place it in the frying pan.
4. Flatten into a small patty and heat for 3-4 minutes on each side. Once cooked through, transfer each cooked fritter to a plate lined with a paper towel.
5. Repeat steps 3 & 4 for the rest of the mixture.

