

# September Produce Guide

September is a great month for in season fruits and vegetables. Some of those include:

- Apples
- Broccoli
- Carrots
- Onions
- Bell peppers
- Potatoes
- Summer squash
- Pictured below is summer squash and carrots



## Summer Squash Fritters

Makes 2 servings. Cook time: 10 minutes.

- 5 yellow squash, grated
- 3 tablespoons of grated onion
- 3 tablespoons all-purpose flour
- 1 egg, beaten
- 1/8 teaspoon baking powder
- 1/8 teaspoon salt
- 2 tablespoons butter

Toppings:

- ¼ cup shredded Cheddar cheese
- ¼ cup chopped onion
- ¼ cup sour cream



## Instructions:

- 1) Place grated squash in a colander and squeeze out all excess water; you should have about 1 cup of grated squash. Transfer squash to a bowl. Add onion, flour, egg, baking powder, and salt and stir batter together.
- 2) Melt butter in a large skillet over medium-high heat. Drop batter into the hot pan and use the back of a large spoon to flatten fritters to 3 to 4 inches in diameter and 1/4 to 1/8 – inch thickness. Cook until the edges are deep brown, about 1 minute. Flip over and cook 30 seconds more. Transfer fritters to a plate lined with a paper towel and sprinkle lightly with salt. Repeat with remaining batter, melting more batter as needed.
- 3) Serve warm topped with Cheddar cheese, onion, and sour cream.