

## ***Okra Corn Fritters*** from *Urban Sacred Garden*



Okra and Corn are some of the best vegetables Summer gardens have to offer in the South. These little fritters are the perfect appetizer or great as a side with a bigger dinner. The sweet corn off-sets the savory sage, okra and ricotta. And the butter crisped edges make them perfect bites of salty goodness. Be sure to pour mixture onto the skillet in small spoonfuls to ensure light layered crispiness. Too much fritter batter will lead to fritters that are too heavy and thick.

Yield: About 10-12 small fritters

### ***INGREDIENTS***

1 Cup Fresh Okra, thinly sliced into circles  
1/2 Cup Fresh or Frozen Corn Kernels  
1 Garlic Clove, chopped  
6 Sage leaves, finely chopped  
1/2 Cup Low-fat Ricotta Cheese  
2 Tbsp Lemon Greek Yogurt  
2 Tsp Worcestershire  
2 Eggs  
1/4 Cup All Purpose Flour  
1/2 Cup Cornmeal  
Fresh Ground Sea Salt  
2 Tbsp Butter  
2 Tbsp Olive Oil  
Sour Cream to garnish

### ***DIRECTIONS***

1. In a medium size bowl combine Okra, Corn, Garlic, Sage, Ricotta, Lemon Yogurt, Worcestershire, Eggs, Flour and Cornmeal with a wooden spoon. Add Sea Salt to desired flavoring. If the batter tastes too bland you likely need more salt.
2. Layer a plate with paper towels and set aside. Heat Butter and Olive oil in a large non-stick skillet over medium low heat. Spoon small heaps of fritter batter into oil. Cook about 2-3 minutes on each side until golden brown.
3. Remove fritters from heat and lay on the plate with paper towels to soak up oil. Serve warm with a garnish of Sour Cream. Enjoy!