



CABBAGE FRITTERS WITH YOGURT DILL SAUCE

February 17

National Cabbage Day

INGREDIENTS

- ¾ Pound Green Cabbage (untrimmed)
 - Vegetable Oil
 - 2 Onions (finely chopped)
 - 3 Cloves Garlic (minced)
 - 3 Eggs (beaten)
 - 4 Tablespoons Flour
 - 1 Teaspoon Salt
 - 1 Teaspoon Ground Red Pepper
 - 1 Teaspoon Black Pepper
- For The Sauce:
- 3 Tablespoons Yogurt
 - 2 Sprigs Dill (chopped)
 - 1 Cucumber (grated)
 - Red Powdered Pepper (to taste)

DIRECTIONS

1. Finely shred the cabbage and place it in a large bowl.
2. Heat a small amount of vegetable oil in a skillet over medium heat. Add the finely chopped onions and minced garlic, sautéing until translucent and fragrant. Add the sautéed onions and garlic to the shredded cabbage.
3. In the bowl with the cabbage mixture, add the beaten eggs, flour, salt, ground red pepper, and black pepper. Mix well to combine all ingredients.
4. Heat vegetable oil in a large skillet over medium heat. Divide the cabbage mixture evenly into 8 portions and drop into the skillet, flattening each slightly with a spatula. Fry until golden brown, about 3-4 minutes per side. Remove the fritters from the skillet and drain on paper towels to remove excess oil.
5. In a small bowl, combine the yogurt, chopped dill, grated cucumber, and a pinch of red powdered pepper. Mix well until smooth.
6. Serve the hot cabbage fritters with the yogurt-dill sauce on the side.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

8 Fritters

PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Fritters	2 Fritters	3 Fritters	2 Fritters