

Italian Sausage and Zucchini Fritters

These Italian Sausage and Zucchini Fritters are a delicious and quick main dish that is perfect for any night of the week.



Main Dish

Italian

30 min

Total time

Medium

Difficulty

341

kcal / serving

Nutrition per serving (estimated)

Protein 18 g

Carbs 20 g

Fat 21 g

Fiber 1 g · Sugar 3 g · Sodium 780 mg

Ingredients

- 2 Italian sausages
- 2/3 cup grated zucchini
- 1/2 cup all-purpose flour
- 1/4 cup finely grated Parmesan cheese
- 1 teaspoon Italian seasoning
- 1/4 teaspoon garlic powder
- Salt and freshly ground black pepper
- 1 egg
- 1/2 cup plain Greek yogurt
- 2 tablespoons olive oil

Substitutions

Italian sausage – An equal amount of bulk breakfast sausage seasoned with Italian herbs

Parmesan cheese – An equal amount of finely grated Pecorino Romano

Plain Greek yogurt – An equal amount of plain, unsweetened regular yogurt

Steps

- 1 Preheat a large skillet over medium heat. Remove the sausage from the casing, and break it up into pieces. Cook the sausage until it is lightly browned and cooked through, about 8 minutes.
- 2 To a large bowl, add the cooked sausage, zucchini, flour, Parmesan cheese, Italian seasoning, garlic powder, and season with salt and pepper.
- 3 In a small bowl, whisk together the egg and Greek yogurt. Add the egg and yogurt mixture to the zucchini mixture, and stir to combine.
- 4 Heat the olive oil in the skillet over medium heat. Using a 1/4 cup scoop, scoop the fritter mixture and add it to the skillet. Cook for 4-5 minutes per side, until golden brown.
- 5 Serve the fritters warm.

Chef's tips

- A thick, scoopable mixture helps the fritters hold their shape; if the zucchini looks especially wet, blot it before mixing.
- Avoid crowding the skillet, which can lower the heat and leave the fritters pale or greasy.
- Serve with extra Greek yogurt and a crisp green salad for a simple main-dish plate.

Drink pairing

A dry ros 

Its fresh acidity and light fruit complement the savory sausage and crisp, browned fritters.

0% option: Sparkling water with lemon

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3–4 days. Reheat until steaming hot.

Frequently asked questions

How can I tell when the fritters are done?

Look for an evenly golden, crisp exterior and a firm center with no wet batter.

Why are my fritters falling apart?

The mixture may be too loose or the fritters may have been turned before their first side set. Keep them modest in size and wait for a browned underside.

Can I make the mixture ahead?

It is best cooked soon after mixing, since zucchini can release moisture as it sits. For a head start, grate the zucchini and cook the sausage separately, then refrigerate them until needed.