

Chicken Fritters

Chicken Fritters – adapted from Drizzle Me Skinny

Makes 6 Fritters.

Blue – 1 fritter 1 point, 2 fritters – 3 points, 3 fritters – 4 points

Green – 1 fritter 3 points, 2 fritters – 6 points, 3 fritters – 9 points

Purple – 1 fritter 1 point, 2 fritters – 3 points, 3 fritters – 4 points

- 16 oz boneless skinless chicken breast
- 1 egg
- 3 Tbsp flour
- 1 1/2 Tbsp fresh parmesan cheese (grated)
- 1/3 cup reduced fat mozzarella cheese
- 1 clove garlic (minced)
- 3 Tbsp fresh basil (chopped)
- 1 Tbsp dried chives
- 1 Tbsp parsley
- salt and pepper to taste
- 1/4 tsp chili powder
- 2 tsp olive oil
- cooking spray

1. Cut the chicken into VERY small pieces (the smaller the better). Place chicken pieces in a bowl and add in the egg, flour, parmesan, mozzarella, garlic and

seasonings. Mix well

2. Heat a large frying pan over medium to low heat. Add the oil. You can also spray in some non stick spray to keep them from sticking and so you don't have to add more oil.
3. Once the pan is hot, add in about 1/4 cup of the chicken mixture per fritter. Do not overcrowd the pan too much. Cook fritters about 10 minutes each, turning a few times. Don't have the pan too hot or the chicken will not cook through and the outside will burn.
4. These freeze well

****You can use ground turkey/chicken breast, it just changes the consistency of the patties – makes them more “burger like”
