**Zucchini Fritters**
Makes 12 fritters

½ pound zucchini
1 large eggs
1/2 cup crumbled feta cheese
1 medium garlic clove, minced
1/4 cup whole wheat flour (or oat flour)
1/4 teaspoon baking powder
Oil as needed
Salt and pepper

1. Grate the zucchini on a box grater and gently squeeze out the water.
2. Combine all the other ingredients except for oil, mix well.
3. Heat oil in a pan once oil is hot, drop ¼ cup of the mixture into hot oil and cook 2-3 minutes per side. Serve with dip.

**Spiced feta dip**
10 ounces feta
2 medium roasted red peppers
2 tablespoons olive oil
1 tablespoon red wine vinegar
2 small clove garlic
1/4 teaspoon crushed red pepper flakes (or more, to taste)

1. Combine all ingredients in a food processor and mix until well combined. Serve with fritters

**Creamy Bean Salad with Herb Dressing and Focaccia**
1 15 oz can white beans like cannellini or great northern, drained and rinsed
1 small cucumber, diced
1 roma tomato, diced
1/4 cup diced red onion or shallot

For Dressing
1 lemon juiced
1 cup fresh herbs, such as cilantro, parsley, thyme, basil, rosemary, a mixture
¼- 1/3 cup olive oil
1 clove garlic
Salt and pepper to taste

To serve: Greens, Focaccia

1. Combine all the beans, cucumber, and tomatoes.
2. Blend or whisk together the dressing ingredients, taste and adjust seasoning as you see desire. Toss ½ the dressing with beans adding more dressing as you desire.
3. Serve beans of greens with focaccia if desired.