

Ham & Cheese Fritters

A southern favorite!

Ingredients

4-6 cups vegetable oil (for frying)
1 cup diced cooked ham
½ cup shredded sharp Cheddar cheese
½ cup whole wheat or almond flour
½ cup soy flour
3 large eggs
1 Tbls fresh chives, chopped
1 Tbls baking powder
½ tsp salt



Directions

1. Preheat oil to 375 degrees over medium-high heat in deep skillet.
2. In large bowl, combine remaining ingredients and 2 tablespoons of water, mixing well.
3. Using a teaspoon, drop walnut size amounts of batter gently into the hot oil.
4. Fry fritters in small batches of 4 or 5 for about 3 minutes each or until deep golden brown. Let rest on paper towels to drain excess oil before serving hot.

Note: These may be made ahead of time and kept hot in oven on baking sheet.

Makes 8 servings

Nutrition Facts:

Calories 260
Total Fat 18g
Effective Carbohydrates 9g
Dietary Fiber 1.5g
Protein 11g

From The Good Carb Chef