

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Lemon-Basil Ricotta Fritters with Spicy Tomato Sauce

Serves 4

These savory fritters are high in protein and make a delicious main entrée or side dish

INGREDIENTS

For the Spicy Tomato Sauce (makes about 3 cups):

- 1 teaspoon olive oil
- ½ cup diced onion
- 1 tablespoon minced garlic
- 1 (28-ounce) can no-salt-added crushed tomato **or** diced tomatoes
- 2-3 tablespoons chopped fresh basil **or** 1½ teaspoons dried basil
- ¼ teaspoon red pepper flakes (optional)
- ¼ teaspoon salt

For the Ricotta Fritters:

- 1 ½ cup low-fat Ricotta cheese
- 1 egg
- 3 tablespoons all-purpose flour
- 3 tablespoons grated parmesan cheese
- 1 tablespoon fresh chopped basil or parsley
- ½ teaspoon minced garlic
- Pinch salt
- Pinch pepper
- Zest of 1 lemon
- 2 tablespoons canola or olive oil

DIRECTIONS

1. Sauté onion and garlic in oil over medium heat until soft, about 3 minutes. Add tomatoes, basil, red pepper flakes and salt. Simmer, covered, on low for 15-30 minutes.
2. In a small bowl whisk together ricotta, egg, flour, parmesan, basil, garlic, salt, pepper, and lemon zest.
3. Heat oil in a large sauté pan on medium-high heat. Drop dollops (about 2 heaping tablespoons) of ricotta mixture on to pan; slightly flatten to for 2 inch-rounds – makes 12-14 fritters
4. Cook on each side for 2-3 minutes, until golden brown. Serve with tomato sauce.

Nutritional Information per Serving:

Calories: 378	Carbohydrates: 25g
Total Fat: 10g	Cholesterol: 69mg
Saturated Fat: 3g	Dietary Fiber: 3g
Protein: 13 g	Sodium: 363mg