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 form 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