

Swiss Chard and Leek Fritters with Yogurt Dipping Sauce

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This recipe makes further use of chickpea batter one would use to make traditional chickpea flatbread, or Socca as it is known throughout the Mediterranean region. Feel free to substitute any other vegetable such as grated zucchini, brussels sprouts, or chopped leftover roasted vegetables.

Ingredients

Yield: 6-8 fritters

- 2 cups fresh red chard leaves, thinly sliced, including red stems (can substitute kale, collard greens or spinach)
- 1 cup leeks, cleaned and thinly sliced into half moons
- 2 cups chickpea batter, approximately
- Coconut oil, or avocado oil
- 1 cup plain unsweetened yogurt, full fat yogurt preferred
- 1 garlic clove minced
- 1-2 tbsp lemon juice
- 2 tbsp minced chives, or parsley, or mint
- 2 tbsp olive oil
- Salt and pepper to taste

Steps

- In a mixing bowl, add the sliced chard, stems and leeks. Combine all ingredients well.
- Begin to pour in chickpea batter. Add 1 cup and stir to coat all ingredients. Add more chickpea batter until all vegetables are well coated, adding a bit more as needed to make a fritter batter. You want the consistency to be mostly vegetables with enough batter to bind ingredients together, without being mostly batter. This consistency and amount of batter used depends on the volume of the chard. It does not need to be a perfect amount of batter to vegetable ratio.

- Once combined, set aside and heat a large well seasoned cast iron skillet or other non-stick skillet over medium high heat. Once well heated, add coconut oil, or avocado oil, and swirl to coat the pan.
- Ladle or spoon into the skillet, approximately $\frac{1}{4}$ to $\frac{1}{3}$ cup of fritter batter, creating silver dollar size pancakes.
- Cook on each side until golden brown and cooked through. Approximately 3-4 minutes per side. Add more oil as necessary.
- Remove from the pan and place on a small sheet pan and continue until all fritters are cooked. May hold the warm fritters in a 200 degree oven until ready to serve.
- Next, in a small bowl, combine the yogurt, garlic, lemon, herbs, olive oil and stir until well combined. Add salt and pepper to taste.
- Serve with the warm chard fritters.



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