

Corn Fritters (with Zesty Greek Yogurt Sauce)

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Prep Time: 10 minutes **Cook Time:** 7 minutes

Total Time: 35 minutes **Yield:** about 15 fritters

Enjoy hot and crispy corn fritters with a zesty, creamy, yet spicy Greek yogurt sauce. This recipe is really easy, and makes for a wonderful vegetarian meal or side dish. Feel free to adjust the seasonings and herbs to your liking. See recipe Notes.

Ingredients

Jalapeño Greek Yogurt Dip

1/2 cup (120g) plain Greek or regular **yogurt** (or sour cream)
2 Tablespoons (30ml) **olive oil**
2 teaspoons **honey**
1 teaspoon **apple cider vinegar**
1 teaspoon **lime juice**
1/4 teaspoon **garlic powder**
1/2 of a **jalapeño**, finely chopped (seeds and ribs removed)
1/8 teaspoon **salt**, or more to taste
freshly ground **black pepper**, to taste

Fritters

3 cups **cooked corn kernels** (from about 4-5 cooked ears of corn – see Note)
1 cup (125g) **all-purpose flour** or **whole wheat flour**
1/2 cup (80g) finely chopped **bell pepper** (any color)
1/4 cup finely chopped **cilantro**
1/4 cup finely chopped **green onion**
1/2 of a **jalapeño**, finely chopped (seeds and ribs removed)
2 teaspoons **honey**
2 **garlic cloves**, minced (or 1/2 teaspoon garlic powder)

3/4 teaspoon **salt**

1/2 teaspoon **smoked paprika**

1/8 teaspoon freshly ground **black pepper**

2 large **eggs**, beaten

For Cooking & Serving

2 Tablespoons (30ml) **olive oil** (or **avocado oil, vegetable oil,** or **coconut oil**)

optional for garnish: flaky sea salt and chopped cilantro

Instructions

Make the yogurt sauce: Whisk all of the yogurt sauce ingredients together. Taste, then add more salt and/or some pepper to taste. Cover and refrigerate until ready to serve, or up to 3 days.

Make the fritters: Mix all of the fritter ingredients together in a large bowl. Set in the refrigerator, uncovered, as you heat the oil.

Heat the oil in a large skillet over medium heat. Once the skillet is hot, scoop up around 3 Tablespoons of the corn mixture. Place the mixture onto the hot skillet and gently flatten with a spatula. Repeat with a few more, making sure not to overcrowd the skillet. Cook until golden brown, about 3 minutes. Flip, then cook for 3 more minutes on the other side. Transfer to a paper towel-lined plate, then repeat with the remaining corn mixture.

Serve warm fritters with yogurt sauce and optional garnishes.

Cover and store leftovers in the refrigerator for up to 1 week. Reheat in the microwave, or use an air fryer at 375°F (191°C) for 3–4 minutes. You can also place them on a lined baking sheet and bake at 375°F (191°C) for 8–10 minutes.

Notes

Make Ahead Instructions: You can make the yogurt sauce up to 3 days in advance. See step 1. You can also prepare the corn fritter mixture up to 24 hours ahead of time. Cover tightly and keep refrigerated. Liquid may begin to pool at the bottom of the bowl during this time. When ready to cook, stir in a sprinkle of **flour** if needed to help absorb some of the liquid.

Corn: Instead of fresh/cooked corn, you can use frozen or canned corn. Thaw and drain the frozen corn, then dab dry with a paper towel. Drain the canned corn and dab with a paper towel.

Flour: You can use all-purpose or whole wheat flour for these corn fritters. You can also use a gluten free flour blend if needed.

Herbs & Flavorings: Feel free to add or sub in any of your favorites such as basil, parsley, or dill. You can also skip the smoked paprika if desired.

Oven or Air-Fryer It is strongly recommended cooking these on the stove. With the oven, you will lose the delicious crisp. With the air-fryer, they fall apart pretty easily and aren't nearly as crispy. If you want to try it yourself, grease the air fryer and drizzle the tops of the uncooked fritters with a little olive oil. You can reheat them in the air-fryer as mentioned in the recipe instructions.