
Low FODMAP Cheesy Broccoli & Zucchini Fritters

Crispy golden fritters packed with tender vegetables and melted cheese—comfort food that loves your gut back. Perfect for breakfast, lunch, or a savory snack.

Prep: 15 min

Cook: 20 min

Total: 35 min

Servings: 3

Low FODMAP ✓

Ingredients

65g per serving is low FODMAP medium zucchini, grated

45g per serving is low FODMAP broccoli florets, steamed and finely chopped

Aged cheddar is naturally low in lactose aged cheddar cheese, shredded

Use certified gluten-free flour blend gluten-free all-purpose flour

Helps bind the fritters together large eggs, beaten

Green parts only are low FODMAP fresh chives, finely chopped (green parts only)

Adjust to taste salt

Adjust to taste black pepper, freshly ground

Optional, adds depth of flavor smoked paprika

For cooking; fructans are not oil-soluble so this is low FODMAP garlic-infused olive oil

Instructions

Step 1: Prepare the Vegetables

(8 min)

Grate the zucchini using the large holes of a box grater, then place it in a clean kitchen towel and squeeze firmly over the sink to remove as much liquid as possible—this is crucial for crispy fritters. Steam the broccoli florets for 2-3 minutes until just tender but still bright green, then chop finely and let cool slightly.

Step 2: Mix the Batter

(5 min)

In a large mixing bowl, combine the squeezed zucchini, chopped broccoli, shredded cheddar, gluten-free flour, beaten eggs, chives, salt, pepper, and paprika. Stir everything together until well combined—the mixture should be thick enough to hold its shape when scooped, similar to a thick pancake batter.

Step 3: Heat the Pan

(2 min)

Place a large non-stick skillet over medium heat and add 1 tablespoon of garlic-infused olive oil. Let the oil heat for about 1 minute until it shimmers but doesn't smoke—the right temperature ensures golden, crispy fritters without burning.

Step 4: Form and Cook the Fritters

(4 min)

Using a ¼ cup measure or large spoon, scoop portions of the mixture into the hot pan, gently flattening each one to about ½-inch thickness. Don't overcrowd the pan—cook 3-4 fritters at a time depending on pan size. Cook for 3-4 minutes on the first side until deep golden brown and crispy at the edges.

Step 5: Flip and Finish

(4 min)

Carefully flip each fritter using a spatula and cook for another 3-4 minutes on the second side until golden and the cheese is melted throughout. Transfer cooked fritters to a paper towel-lined plate to drain briefly.

Step 6: Continue Cooking in Batches

(10 min)

Add another tablespoon of garlic-infused oil to the pan between batches and repeat the cooking process with the remaining batter. Keep finished fritters warm in a low oven (200°F/95°C) if desired while you cook the rest.

Step 7: Serve

(2 min)

Serve the fritters warm with your choice of low FODMAP accompaniments such as lactose-free sour cream, a squeeze of fresh lemon, or a simple green salad. These are best enjoyed fresh but can be refrigerated for up to 3 days and reheated in a skillet or oven.