

SIDE DISH

Squash Fritters: Fritelle di Zucca

13 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	20 min	20 min	30	\$0.49	85 kcal



You can never have too many hor d'oeuvre recipes, so give Squash Fritters: Fritelle di Zuccan a try. This dairy free, lacto ovo vegetarian, and vegan recipe serves 30 and costs 49 cents per serving. One portion of this dish contains around 1g of protein, 6g of fat, and a total of 85 calories.

Ingredients

- ☐ 1 package active dry yeast
- ☐ 2½ pounds acorn or butternut squash, seeded and cut into 3 slices, horizontally
- ☐ ½ cup flour
- ☐ 1 lemon, juiced
- ☐ 1 quart extra-virgin olive oil, for frying
- ☐ ¼ cup raisins, soaked in water to rehydrate and drained
- ☐ 1 pinch Pinch salt

EQUIPMENT Bowl, Frying pan, Paper towels, Oven, Pot, Roasting pan, Slotted spoon, Cheesecloth

Method

- 1

Preheat the oven to 400 degrees F.
- 2

Place the squash in a roasting pan and add 1/2-cup water. Roast in the oven, uncovered, for 30 minutes.
- 3

Remove from the oven and, when cool enough to handle, wrap the squash in cheese cloth, and squeeze to release all excess water. Scrape the squash from the rind and place in a large bowl.
- 4

Add the raisins, flour, yeast, lemon juice, and salt and mix well to form a sticky dough.
- 5

Let cool in the refrigerator for 30 minutes.
- 6

Heat the oil to 375 degrees F in a tall-sided pot.
- 7

Using 2 spoons, form 2-inch dumplings from the squash mixture and fry in the olive oil until golden brown and floating, working in batches to avoid overcrowding the pan. Once cooked, remove with a slotted spoon and set on a plate lined with paper towels to drain. Dust with powdered sugar and serve.

Nutrition per serving			
	85	1 g	6 g
	KCAL	PROTEIN	FAT
			7 g
			CARBS
Saturated Fat			0.9 g · 6% of daily needs
Fibre			1 g · 4% of daily needs
Sugar			0.9 g · 1% of daily needs
Sodium			3.4 mg · 0% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			8.4 mg · 10% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/squash-fritters-fritelle-di-zucca-142399