



Stuffed Squash Blossoms with Basil



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



29 kcal

SIDE DISH

Ingredients

- ☐ 3 inches canola oil
- ☐ 0.8 unknown cornmeal fine
- ☐ 0.5 cup ricotta cheese fresh
- ☐ 10 servings salt and pepper
- ☐ 10 squash blossoms

Equipment

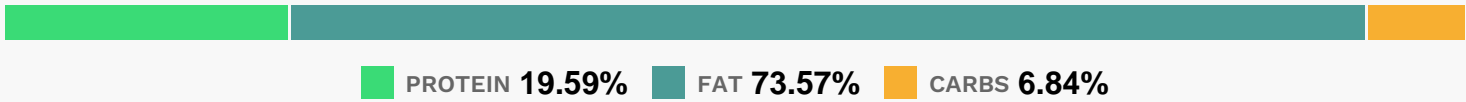
- ☐ bowl
- ☐ paper towels

- ☐ sauce pan
- ☐ sieve
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Put ricotta in a fine sieve set over a bowl.
- ☐ Let drain in refrigerator 3 hours or overnight. Discard liquid.
- ☐ Transfer the ricotta to a small bowl and season it with ½ teaspoon each salt and pepper; stir until smooth.
- ☐ Lay 10 basil leaves out on a work surface. Drop about 1 tablespoon ricotta onto 1 basil leaf.
- ☐ Place a mozzarella dice on top of ricotta. Then top it with another basil leaf, sandwich-style. Carefully open 1 squash blossom removing the stamen if necessary.
- ☐ Place the stuffed basil leaf inside blossom. Press the blossom closed to seal. Repeat with remaining basil leaf stacks and squash blossoms.
- ☐ Heat about 3 inches oil in a medium heavy saucepan over medium-high heat until it registers 365 degrees on a deep-fry thermometer. Put eggs and cornmeal in separate small bowls. Dip 1 stuffed blossom into the eggs, then into the cornmeal to coat. Fry in batches of 2 to 3 until golden, about 1 ½ minutes.
- ☐ Transfer to paper towels using a slotted spoon; let drain. Season with sea salt.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.55, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:0.78347825866355%

Nutrients (% of daily need)

Calories: 28.9kcal (1.45%), Fat: 2.38g (3.66%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 0.5g (0.17%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0.03g (0.04%), Cholesterol: 6.32mg (2.11%), Sodium: 204.31mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.85%), Calcium: 26.57mg (2.66%), Selenium: 1.82µg

(2.6%), Phosphorus: 20.74mg (2.07%), Vitamin A: 94.12IU (1.88%), Vitamin B2: 0.03mg (1.51%)