

Chile Cheese Fritters (Grain Free)

We had such a positive reaction from last week's post on Chiles Rellenos, that we wanted to turn the leftover gluten-free batter recipe into it's own post! Now you can just whip up some delicious grain-free fritters without having to first make Chiles Rellenos!

We have been using The Hatch Chile Store's Roasting and Peeling instructions in our recent posts. As an incredible show of appreciation, they sent us these absolutely beautiful roasted chiles in the mail! You can order your own as well! They came pre-roasted, chopped, and ready for use! So easy!

CHILE CHEESE FRITTERS

(4 – 6 servings)

1 egg

1 ½ cup sparkling water or beer

1 teaspoon salt

2 1/4 cup chickpea flour

6 ounces sharp cheddar cheese, shredded

4 to 8 ounces New Mexican Green Chile Peppers, roasted, peeled, and chopped

1/4 cup avocado oil for cooking

PREPARATION

Beat egg with the sparkling water and salt. Then mix in chickpea flour with whisk or immersion blender. Add the cheese and chiles.

Heat oil in a large cast iron skillet. Drop batter into oil to form small patties. Cook on medium heat until browned, and then flip the patties to brown the other side.

Recipe from the Chef Dawn Ludwig Blog

at <https://www.DrDavidLudwig.com/category/chef-dawn/> for more recipes by Chef Dawn see the book ALWAYS HUNGRY? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently

COMPLETE MEAL

Serve with 1/2 to 1 full serving of Shredded Mexican Chicken or 3 to 5 ounces of your favorite protein. Top the fritters with fresh salsa. For dessert, have about a half cup of mixed berries with a dollop of whipped cream.

This meal puts you right in the Phase 1 ratios. For Phase 2, leave off the whipped cream and add brown rice or quinoa on the side.

VARIATIONS

You can even add the 1 to 2 pounds of cooked protein directly to the fritter batter for easy cooking! For example, add sautéed ground beef, leftover Shredded Mexican Chicken, or Crumbled Tempeh at the same time you add the cheese and chiles.