

Squash Puffs

Joyce Reed

- 1 cup self-rising cornmeal
- $\frac{1}{2}$ cup flour
- 1 cup grated squash
- $\frac{1}{2}$ grated onion
- 1 egg
- 2 tbs milk
- oil for frying - heat to 375° F

Mix all ingredients and drop by spoonfuls into hot oil, turning once until evenly brown on all sides.

Do not crowd pan. Use slotted spoon to remove and transfer to serving platter. Keep warm in 200 degree oven until ready to serve.

Serves 4-6.

Want to make all your fried foods healthier?

- Choose a healthy oil, such as peanut oil or olive oil, with a high smoke point . . .
- Hold oil to the proper temperature for frying, 350°, using a candy or fry thermometer to monitor the temperature.

