

RECIPES FOR THE ROAD — FALL SERIES

FLORIDA SWEET CORN AND RICOTTA FRITTERS

RECIPE CREATED BY:
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INGREDIENTS (SERVES 6)

- 2 ears Florida sweet corn, kernels removed
- 4 ounces ricotta cheese
- 2 large eggs, beaten
- 1/2 bunch fresh cilantro, chopped fine
- 1/3 cup self-rising unbleached or whole wheat flour
- Oil for deep frying (neutral oil such as vegetable)
- Sea salt and fresh ground pepper, to taste

PREPARATION

Add oil to a large (and heavy) pot and preheat on medium-high. Do not overfill, as oil will rise during frying. The oil temperature should reach 365 degrees for proper frying.

In a medium bowl, combine the corn, cilantro, ricotta, eggs, flour and a pinch of sea salt and pepper. Allow batter to rest for 5 minutes before frying. Carefully add spoonfuls of the batter to the oil and fry for 2 to 3 minutes or until cooked all the way through. When done, remove from oil with slotted spoon, allowing any excess oil to drain. Place on paper towel-lined pan to cool. Season with sea salt and pepper to taste. Serve with low-fat sour cream if desired.



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WHEN BUYING INGREDIENTS.**



8 people die on Florida's roads **EVERY DAY** due to common mistakes behind the wheel. **YOU** can make a difference! . . .

RECIPE FOR SAFE DRIVING

INGREDIENTS

(SERVES ALL ROAD USERS)

1 whole, undivided calm mind

1 well-maintained vehicle with functioning lights and signals

1 seatbelt per person, buckled

A dash of "Do Not Disturb" auto replies

Sprinkle of your favorite playlist

PREPARATION

1. Preheat by allowing **extra time** for your trip.
2. Fasten your **seatbelt**.
3. Set your phone on "**do not disturb**" mode.
4. Start your **favorite playlist** before you start your drive.
5. Give other drivers **space**.
6. Allow your drive to simmer **under the speed limit** while continually staying attentive to other road users.
7. Allow yourself to cool and **arrive at your destination safely**.
8. Serve with sides of **compassion for others**.



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