

Beer Battered Squash Flowers

Ingredients

16 squash flowers

BATTER

1 cup flour

1/2 cup cornstarch

1/2 teaspoon salt

1 cup fat-free chilled milk, beer or water

CHEESE FILLING

3 ounces goat (feta) cheese

3 ounces cream cheese

1/2 teaspoon red pepper flakes

1/2 teaspoon dried oregano

1/4 teaspoon dried basil

1 clove garlic, minced

Salt and pepper to taste

Instructions

Mix the batter, Refrigerate for 30 mins

Wash your squash flowers, take out the boy/girl parts

Beat cheese filling ingredients and fill the flowers

Heat oil up, batter the flowers, drop them in the oil, put on drying rack

Eat.

