

# **Kolokithokeftedes**

*koh-loh-kee-thoh-kef-TEH-thes*

Submitted by Theodore Georgacopoulos

## **Ingredients:**

5 kolokithakia (green or yellow squash) graded coarse  
2 onions, graded coarse  
2 potatoes, graded coarse  
1 bunch of dill, chopped coarse  
4 pieces of fresh garlic, chopped fine  
¼ cup of olive oil  
1 cup of flour  
1/2 cup of water  
2 eggs  
10 leaves of mint  
Salt and pepper to taste

## **Directions:**

Grade the kolokithakia, the potatoes and the onions and place them in a bowl. Chop the dill, mint and the garlic and add them to the bowl also. Add the olive oil, eggs, salt and pepper and mix well. Start adding the flour and keep mixing it until the flour is all wet and you have a soft and creamy mixture - you may have to add some water to make it liquid enough to flow from the spoon easily. Fry it in olive oil until golden brown - using a soup spoon to place it in the oil – like meat keftedes (meatballs) or anithokeftedes. Place it in a plate and decorate it w/ olives, green leaf lettuces, etc. Ready to serve! Bon appetit and Kali Orexi!

## **Notes:**

1. You can serve it as an appetizer or a meal itself with salad, rice or pasta
2. You can add melitzane (eggplants) finely chopped
3. You can try your own combinations with other ingredients/vegetables and test the recipe

*Gluttony makes a man gloomy and fearful, but fasting makes him joyful and courageous. And, as gluttony calls forth greater and greater gluttony, so fasting stimulates greater and greater endurance. When a man realizes the grace that comes through fasting, he desires to fast more and more. And the graces that come through fasting are countless.... St Nikolai of Zicha*