

Sweet Corn & Cheddar Fritters with Smoky Honey Dip



These crispy golden nuggets of joy are like summer in a snack—cheesy, corny, and totally addictive. Just try not to eat the whole batch before your guests arrive (we dare you).

Ingredients

- 1 1/2 cups fresh or frozen sweet corn kernels (thawed if frozen)
- 1 cup shredded sharp cheddar cheese
- 2/3 cup all-purpose flour
- 1/3 cup cornmeal
- 2 large eggs
- 1/4 cup milk (any kind works—dairy or unsweetened almond/oat)
- 1/4 cup chopped green onions (can sub with 2 Tbsp finely chopped chives)
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/4 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 3 Tbsp vegetable oil (for frying)
- For the Smoky Honey Dip:
 - 1/3 cup plain Greek yogurt (or sour cream)
 - 2 Tbsp honey
 - 1/2 tsp smoked paprika
 - 1 tsp fresh lemon juice
 - Pinch of salt

Instructions

1. In a large mixing bowl, combine the corn, shredded cheddar, flour, cornmeal, green onions, smoked paprika, garlic powder, baking powder, salt, and pepper.
2. In a small bowl, whisk together the eggs and milk. Pour into the dry mixture and stir until just combined. The batter will be thick but scoopable.
3. Heat 1 1/2 tablespoons of the oil in a large skillet over medium heat. Scoop heaping tablespoons of batter into the skillet (work in batches to avoid overcrowding), flattening slightly with the back of a spoon.
4. Cook for 2–3 minutes per side until golden and crisp. Transfer cooked fritters to a paper towel-lined plate. Repeat with remaining batter, adding more oil as needed.
5. While fritters cook, make the dip: whisk together Greek yogurt, honey, smoked paprika, lemon juice, and a pinch of salt. Taste and adjust seasoning if needed.
6. Serve fritters warm with the smoky honey dip on the side—or drizzle it over the top if you're feeling fancy!

Servings: 6

Nutrition

- **calories:** 210
- **protein:** 7
- **carbs:** 22
- **fat:** 11
- **fiber:** 2
- **sugar:** 5