# Kale and Zucchini Pakora

### INGREDIENTS

* 1 cup whole-wheat flour
* ½ yellow onion small to medium diced
* 3 zucchini small to medium diced
* 2 cups kale woody spine removed, chopped well
* 2 garlic cloves minced well
* 1 jalapeno seeded, insides removed and diced well
* 3 tablespoons cilantro fresh, chopped well
* 1 teaspoon ginger
* 1 tablespoon turmeric
* 1 tablespoon curry
* 2 teaspoons coriander
* 2 teaspoons lemon zest
* 2 teaspoons salt
* ½ cup water
* 1 cup nonfat Greek yogurt

### INSTRUCTIONS

* Preheat oven to 375°. Add all ingredients except water and Greek yogurt in a large bowl; mix well.
* Slowly incorporate water,  and continue mixing until all water is added and dough can easily form a ball in your hand. Dough will be slightly tacky. NOTE: If mixture is too dry, add more water. If mixture is too wet like pancake batter, add more flour. Set aside in refrigerator for 20 minutes.
* Remove from refrigerator, and form 2-inch balls using a large spoon or ice-cream scoop. Place on well-greased sheet pan or sheet pan lined with parchment paper. Place in oven for 15–20 minutes or until golden brown. Flip once to ensure even browning.
* Serve with Greek yogurt.