

Winter Vegetable Pancakes

Prep Time: 15 min

Cook Time: 15 min

Servings: 4

You'd better believe these are delicious. Winter Vegetable Pancakes are easy to make and kid friendly! Full of flavor and nutrients the taste is deliciously savory with a hint of natural sweetness. Try dipped in a low-sodium soy sauce vinaigrette, or spicy ketchup. Great served with eggs, tofu and beans, or salmon, chicken and beef. For a gluten-free option substitute cornstarch for flour. Makes 8.



Ingredients

- 1 cup cabbage, finely shredded
- 1 cup carrots, finely shredded
- 1/4 cup onion, finely chopped
- 2 eggs
- 2 Tbsp milk or water
- 1/4 cup flour
- salt & pepper, to taste
- oil for cooking

Steps

1. Wash and prep produce as directed.
2. In a bowl, beat eggs, and then beat in milk or water. Add flour, salt & pepper and mix until smooth. Stir in vegetables.
3. Add a thin layer of oil to a frying pan and turn burner to medium heat. When oil is hot and shimmery, drop in pancake batter using a tablespoon, gently flatten. Cook in batches, do not overcrowd pan. Cook 2-3 minutes until golden and crispy on bottom, and then flip and cook 2-3 minutes more.
4. Optional: Serve with a lemon wedge or top with chopped parsley.

Chef's tip: You can also use this basic pancake recipe with other vegetables such as spinach and kale.