

# VEGETABLE PANCAKES

SERVES: 6 | SERVING SIZE: 3 pancakes | PREP: 15 minutes | READY: 30 minutes

## INGREDIENTS

- 1 1/2 cups grated zucchini
- 3/4 cup thinly sliced green onion (whites and greens)
- 1/2 cup grated carrot
- 1/3 cup 1% milk
- 1 large egg
- 2/3 cup all-purpose flour
- 1 teaspoon granulated sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 tablespoons canola oil, divided
- 2 tablespoons thinly sliced green onion (whites and greens)
- 2 tablespoons finely diced red bell pepper
- 2 tablespoons gyoza sauce



## DIRECTIONS

Squeeze grated zucchini to remove as much moisture as possible. Place zucchini, sliced green onion (3/4 cup), and grated carrot in a large mixing bowl and stir to combine.

In a separate bowl, whisk together milk and egg. Add flour, sugar, baking powder, salt, and black pepper and whisk until just combined (consistency will resemble a slightly lumpy, thick pancake batter). Pour batter over vegetables and stir until just combined. [IMAGE: batter and vegetables]

Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Using a tablespoon measuring spoon, pour batter into pan, spreading batter into 2-inch circles. Cook until golden brown, about 2 to 3 minutes on each side. Remove cooked pancakes from pan and place on a paper-towel lined plate. After preparing 9 pancakes, add remaining tablespoon oil and cook remaining pancakes (recipe yields 18 pancakes).

Arrange pancakes on a platter and garnish with sliced green onion (2 tablespoons) and diced red pepper. Serve with gyoza sauce. Each serving consists of 3 pancakes drizzled with 1 teaspoon gyoza sauce.

## NUTRITION INFORMATION PER SERVING

127 calories, 6 g total fat, 1 g saturated fat, 0 g trans fat, 30 mg cholesterol, 293 mg sodium, 15 g total carbohydrate, 1 g dietary fiber, 4 g total sugars, 2 g added sugars, 3 g protein, 0 mcg (0%) vitamin D, 41 mg (4%) calcium, 1 mg (6%) iron, 140 mg (2%) potassium

