

Crispy Vegetable Pancakes

Serves 8. Cook time: 30 minutes. Prep time: 30 minutes.

Ingredients

- > 2 1/2 cups of washed and shredded cabbage
- > 1 cup washed and shredded carrot
- > 2 green onions, thinly sliced
- > 1/3 cup all-purpose flour
- > 1/2 teaspoon salt
- > 1/2 teaspoon black pepper
- > 1/2 teaspoon garlic powder
- > 2 large eggs, lightly beaten
- > 1-2 tablespoons of olive or canola oil for cooking

Instructions

1. In a large bowl, toss the cabbage, carrots, and onion together. Add the flour, salt, pepper, and garlic powder and stir until the vegetables are lightly coated.
2. Add the eggs to the vegetable mixture and combine.
3. Heat a small amount of oil in a deep nonstick or cast iron skillet on medium heat.
4. Spoon about 2 tablespoons of the mixture per pancake onto the skillet and flatten with a fork or spatula.
5. Cook until golden on one side (about 2 to 3 minutes). Flip the pancakes and cook until golden on the other side.
6. Transfer pancakes to a plate lined with paper towels to remove excess oil.
7. Serve immediately.

Storing Vegetables

- > Store unwashed cabbage in the refrigerator, where it will keep for up to 2 months.
- > Store fresh carrots in the refrigerator crisper. Remove the leafy green tops of the carrots before storing.

Nutrition Facts	
8 servings per recipe	
Amount Per Serving	
Calories	60
% Daily Value	
Total Fat 2.5g	4%
Saturated Fat .5g	3%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 157mg	7%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 3g	
Vitamin A	50%
Vitamin C	15%
Calcium	2%
Iron	4%

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