



Tiny Vegetable Pancakes

4 - 6 servings

INGREDIENTS

- 1 cup cabbage, finely shredded
- 1 cup carrots, finely shredded
- 1/4 cup onion, finely chopped
- 2 eggs
- 4 tsp milk or water
- 4 Tbsp flour
- 1/4 tsp salt
- Oil



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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. In Vermont, SNAP is called 3SquaresVT. It can help low income people buy foods for a better diet. We can help you apply. Contact the Vermont Foodbank at 855-855-6181 or text VFBSNAP to 85511.

DIRECTIONS

1. In a bowl, beat eggs, and then beat in milk or water, flour, salt and pepper. Stir in vegetables.
2. 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 by the tablespoon. Cook 2-3 minutes until golden and crispy on bottom, and then flip and cook 2-3 minutes more.
3. Serving suggestions: Pancakes taste great with a sprinkling of lemon or soy sauce. You can also use this basic pancake recipe with other vegetables you may have, including spinach and kale.

Tip: Try adding a bit of canned fish or meat, such as tuna, salmon, chicken or turkey.



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