

Veggie Pancakes

Substitute your favorite vegetables to suit your taste.

Ingredients:

2 Tbl olive oil
1 Tbl sugar
½ tsp each salt
¼ tsp. black pepper
2 tsp dried basil
2 Tbl onion, chopped
1 egg, lightly beaten



1 ½ cup shredded zucchini
¾ cup shredded carrot
½ cup white flour
¾ cup whole wheat flour
2 ½ tsp baking powder
2/3 cup skim milk

- ◆ Mix oil, sugar, salt, pepper, basil, onion and egg together in a small bowl and set aside.
- ◆ Shred zucchini onto two layers of paper towels. Pull up corners of towel and squeeze liquid from zucchini. Repeat the same process with the carrot.
- ◆ In a large bowl, mix together flours and baking powder then stir in oil mixture. Add zucchini and carrots.
- ◆ Stir in milk to form a batter. Preheat skillet over medium heat and apply cooking spray.
- ◆ Once skillet is hot, drop batter in rounds to form pancakes; flip once bubbles form around edges and cook until pancake is set. Serve with your favorite fresh fruit, nonfat sour cream, applesauce or syrup. Enjoy!

Yields: 5 Servings

Per Serving: 206 Calories, 7g Fat, 3g Fiber, 277mg Sodium, 6.8g Sugar

(585) 461-1000
www.cce.cornell.edu/monroe



Veggie Pancakes

Substitute your favorite vegetables to suit your taste.

Ingredients:

2 Tbl olive oil
1 Tbl sugar
½ tsp each salt
¼ tsp. black pepper
2 tsp dried basil
2 Tbl onion, chopped
1 egg, lightly beaten



1 ½ cup shredded zucchini
¾ cup shredded carrot
½ cup white flour
¾ cup whole wheat flour
2 ½ tsp baking powder
2/3 cup skim milk

- ◆ Mix oil, sugar, salt, pepper, basil, onion and egg together in a small bowl and set aside.
- ◆ Shred zucchini onto two layers of paper towels. Pull up corners of towel and squeeze liquid from zucchini. Repeat the same process with the carrot.
- ◆ In a large bowl, mix together flours and baking powder then stir in oil mixture. Add zucchini and carrots.
- ◆ Stir in milk to form a batter. Preheat skillet over medium heat and apply cooking spray.
- ◆ Once skillet is hot, drop batter in rounds to form pancakes; flip once bubbles form around edges and cook until pancake is set. Serve with your favorite fresh fruit, nonfat sour cream, applesauce or syrup. Enjoy!

Yields: 5 Servings

Per Serving: 206 Calories, 7g Fat, 3g Fiber, 277mg Sodium, 6.8g Sugar

(585) 461-1000
www.cce.cornell.edu/monroe

