

Bite-Sized Vegetable Pancakes



Sirve:

10 servings, 3 pancakes per serving (approximately 30, 2 ½ in. pancakes)

Pieza:

Saladmaster Food Processor
10" Chef's Gourmet Skillet
small mixing bowl
large mixing bowl

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Small silver dollar size pancakes are easy to handle for toddlers. Shredded zucchini, carrots and sweet potatoes make a nutritious portable pancake that is delicious served warm or at room temperature.

2 cups
zucchini or summer squash, shredded, use Cone #1
(248 g)
1 cup
carrots, scrubbed and shredded, use Cone #1
(128 g)
2 cups
sweet potatoes, shredded, use Cone #1
(248 g)
2 scallions, minced, white and green part
1 cup
cornmeal
(159 g)
1 teaspoon
baking powder
(2 g)
½ teaspoon
dried basil
(.5 g)
1 teaspoon
natural salt

(6
g)

2 eggs, organic

Preparación :

1. Shred zucchini, carrots and sweet potato directly into a large bowl. Add scallions and mix to combine.
2. In a small bowl, thoroughly combine cornmeal, baking powder, basil and salt.
3. Add dry mixture to vegetables and mix to combine.
4. Whisk eggs together in a small bowl. Pour over vegetables and stir to combine. Mixture should be slightly sticky.
5. Roll approximately 2 tablespoons of mixture into small balls and flatten with the palm of your hand into a 2 ½ in. pancake.
6. Preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, approximately 7 - 9 minutes, place pancakes in skillet without overcrowding.
7. Cook pancakes for 3 - 4 minutes on each side until golden brown. The insides will still be moist.
8. Serve pancakes as is or top with applesauce, plain yogurt or sour cream.

Consejos:

- Substitute cornmeal for gluten-free flour blend.
- Pancakes can be frozen and reheated in the oven at 350°F/177°C until warmed and crispy.
- Substitute all or half of the sweet potato for russet potato or red potato.

Información nutricional por ración

Calorías: 97
Grasa Total: 2g
Grasa 1g
Saturada:
Colesterol: 37mg
Sodio: 328mg
Carbohidratos: 18g
Fibra 3g
Dietética:
Azúcar: 3g
Proteína: 3g