



Vegetable Pancakes

Makes 9 pancakes

Tasty and creative way to eat vegetables. The recipe doubles easily; you'll be glad you made extra.

½ cup whole wheat flour (or white flour)
½ teaspoon baking powder
½ teaspoon salt
¼ teaspoon pepper
¼ cup Egg Beaters (or 1 large egg)
¼ cup 1% or fat-free milk
1 cup grated carrots
1 cup grated zucchini
2 green onions, sliced
Cooking spray

- In a mixing bowl, stir together flour, baking powder, salt, and pepper. In another bowl, beat together the egg, milk, carrots, zucchini, and onions. Add to the dry ingredients and mix well.
- Heat a large non-stick pan over medium heat. Spray with cooking spray. Scoop the batter into the pan using a ¼ cup measuring cup. Make a few pancakes at a time. Cook 2-3 minutes on each side until golden brown.
- Serve at once or enjoy cold for breakfast or lunch the next day. Heats well in the microwave.

Recipe adapted from *Paula Deen – Food Network*

Nutritional Information (per pancake):

Calories: 39
Total Fat: 0g
Saturated fat: 0g
Carbohydrate: 7g
Fiber: 1.5g
Protein: 2.3g