



Korean Style Vegetable Pancakes

With Dipping Sauce

Serves 4

Pillars of Nutrition: Lean on Protein, Eat the Rainbow

Pancakes

- $\frac{3}{4}$ cup all purpose **flour**
- 1 cup **water**
- 3 **eggs**
- $\frac{1}{2}$ cup **cabbage**, shredded
- 1 clove **garlic**, minced
- 2 **spring onions**, chopped
- 1 medium **carrot**, grated
- 1 small **green or yellow squash**, grated
- Vegetable **oil**
- **Salt & pepper** to taste

Suggested Dipping Sauce

- 2 tablespoons **soy sauce**
- 2 teaspoons **rice** or **white vinegar**
- 1 **spring onion**, finely chopped
- $\frac{1}{2}$ teaspoon **sesame oil**

Something to **Chew** On

- Pancakes come in many forms, both sweet and savory from different cultures. Some popular pancakes around the globe are French crepes, Russian potato pancakes and Mexican tostada.
- Try different vegetables or add diced shrimp or tofu for additional lean protein.

Pancakes

1. Whisk the **flour**, **water** and **egg** in a large bowl until smooth and the consistency of a thin pancake batter (add more water or flour if need be).
2. Shred the **cabbage**, mince the **garlic**, chop the **spring onions**, and grate the **carrot and squash**.
3. Stir in the **cabbage**, **garlic**, **carrot**, **spring onions**, and **squash** to the bowl with the batter and season with **salt** and **pepper**. Leave to sit for about 10 minutes.
4. Heat a frying pan (skillet) on medium heat and add about a teaspoon of **oil**.
5. Spoon enough batter for one or two pancakes onto the pan and let the bottoms cook until they are slightly browned. (You can decide the size of the pancakes!)
6. Flip the pancakes to the other side and cook for another 7 minutes (or until brown as well).
7. Cut the pancakes like pizza slices when cool enough to handle.

Suggested Dipping Sauce:

8. Mix all dipping sauce ingredients together and serve!