



The Edible Garden

Recipe featured at *Cooking for Kids* demonstration, September 22

Veggie Pancakes

By: Nina Simmons, Education Director, The Sylvia Center

Ingredients

2 zucchini, grated
1 large russet potato, grated
2 carrots, grated
4 scallions, thinly sliced
1 egg
Whole wheat flour
Cumin, coriander
Olive oil
Salt and pepper
Mango chutney, for serving

Instructions

1. Whisk in the egg and flour until there are no lumps. Add the salt, pepper, cumin, and the vegetables and stir.
2. Heat a large pan with enough oil to fully coat the bottom over medium-high heat. Ladle a scoop of the batter on the pan one at a time, working in batches. Flip before the pancake batter on the top begins to cook.
3. Cook another couple minutes on the opposite side. Remove from pan, add more oil to coat, and repeat with the rest of the batter.
4. Serve pancakes with mango chutney, if desired.