Carrot Pancakes
Serves 4
Allergens: Contains eggs, and wheat or nuts

Ingredients
• 1 pound carrots, grated
• 4 large eggs, beaten
• ¼ cup whole wheat flour, almond meal, or other flour substitute
• ¼ cup olive oil
• Salt to taste

Directions
1. In a large bowl, combine carrots, eggs, flour, and salt and mix until well combined.
2. Heat a large skillet over medium-high heat with 2 tablespoons oil. Add ½ cup carrot mixture and flatten into a ½-inch thick patty and repeat until pan is full. Flip patties when the underside is golden brown. When both sides are golden brown, transfer to a paper towel to drain.
3. Repeat step 3 until all carrot mixture is used, adding more oil to the pan as needed.

Notes
Substitutions: Try other grated vegetables such as parsnips, zucchini, or potatoes, or a mixture.

To grate, use either:
• Grater attachment in a food processor
• Box grater
• Packaged pre-grated vegetables

Topping Ideas: Sour cream, plain yogurt, applesauce, a savory relish, or salsa

Recipe from Cooking Well Berkeley class: Winder Vegetables Made Easy, Fall 2015