

Carrot Pancakes

Serves 4

Allergens: Contains eggs, and wheat or nuts



VEGETARIAN



DAIRY FREE



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