

Garden Pancakes

Ingredients

- 1 cup broccoli or broccoli florets
- 12 asparagus spears
- 1 cup (6 ounces) sliced brown mushrooms
- ¼ cup chopped onion
- 1 large garlic clove, minced
- ¼ cup canola oil
- ⅔ cup whole wheat flour
- 1 tablespoon fresh dill weed
- ⅛ teaspoon salt
- 1 large egg
- ¼ cup milk (or milk alternative)
- 1 cup shredded cheddar cheese (optional)



Directions

- Place broccoli and asparagus in steamer basket set in a pot filled with about 1-2 inches of lightly boiling water. Do not let water touch vegetables. Cover and steam vegetables for 4 to 5 minutes, or until tender.
- Put broccoli, asparagus, mushrooms, onion, and garlic in a food processor and pulse on and off to chop, or chop by hand. Be careful not to puree. Transfer chopped ingredients into a large bowl and stir in oil, flour, dill, and salt. Add the egg and milk and mix thoroughly with a wooden spoon.
- Heat a large nonstick skillet over medium heat and coat with cooking spray. Drop batter by ¼ cups into the skillet and cook until firm on bottom, about 2 minutes. Turn the pancakes with a spatula and sprinkle cooked side with cheddar cheese, if desired. Cook remaining sides until golden, about 1 minute.

Adapted from *The petit appetit cookbook: Easy, Organic Recipes to Nurture Your Baby and Toddler*, by Lisa Barnes (2005)

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