



Vegetable Pancakes with Cilantro Cream

MyPlate2Yours - Lynn Dugan

Ingredients

1 medium zucchini, grated (about 2 cups)
1 cup shredded carrots
1/2 sweet onion, fine dice (1/2 cup)
1/2 small yellow bell pepper (1/4 cup)
3 tablespoons olive oil
2 large eggs
1/2 cup whole wheat bread crumbs
1/4 teaspoon celery seed
Salt and freshly ground pepper
1/2 cup non-fat plain Greek yogurt
1/4 teaspoon garlic salt
1/8 teaspoon cumin
1 tablespoon cilantro, chopped

Directions

For Cilantro Cream, mix to combine yogurt, garlic salt, cumin and cilantro in a small bowl. Cover and chill until ready to use.

In a large skillet over medium heat, heat 1 tablespoon olive oil. Sauté zucchini, carrots, onion, and bell pepper until tender, about 5 minutes. Season with salt and pepper. Set aside to cool.

In a medium bowl, use a whisk to beat eggs. Add breadcrumbs and celery seed, combine well. Add vegetable mixture, stir to combine. Heat 1 tablespoon oil in skillet. Measure 1/4 cup batter for each of 6 pancake (cooking 3 at a time). Press down to make 1/4 inch thick pancake. Cook for 2-3 minutes until pancake sets and golden when flipped. Cook for another 2-3 minutes on other side. Repeat with remaining batter. Serve pancakes with a dollop of Cilantro Cream. Enjoy!