THE J.M. SMUCKER Co

Savoury Vegetable Pancakes

Prep Time	Cook Time	Serves	Difficulty
20 mins	12 mins	12	N/A

Ingredients

- 3 medium, shredded zucchinis
- 2 tsp (10 mL) salt
- 3 medium, peeled and shredded, carrots
- 2 finely diced red peppers
- 2 finely sliced green onions
- 4 eggs, well beaten
- 1 cup (250 mL) **Robin Hood®** Original All Purpose Flour

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- 3/4 cup (175 mL) bread crumbs
- 2 tsp (10 mL) baking powder
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 3 tbsp (45 mL) Vegetable or Canola Oil, divided
- 1 1/2 cups (375 mL) **Carnation®** Simple White Sauce
- 1/4 cup (50 mL) fresh dill, chopped

Directions

Step 1:

Combine zucchini with salt in a strainer. Place over a bowl to catch any liquid. Let stand 20 minutes. Squeeze liquid out and place in a large bowl. Stir in carrots, red pepper, green onions and well beaten eggs.

Step 2:

Mix in next 5 ingredients and stir until combined.

Step 3:

Heat 1 tbsp (15 mL) of oil over medium heat in a large non-stick skillet. Drop in 2 tbsp (30 mL) of batter for each pancake. Fry pancakes until golden brown, about 2 minutes per side.

Step 4:

Remove to a paper towel lined plate. Repeat with remaining batter.

Step 5:

Prepare **Carnation** Simple White Sauce. Stir in dill. Pour over pancakes and serve.

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