

Family Recipe

ROOT VEGETABLE PANCAKES

makes about 6 pancakes, cut in quarters for 24 tastes

INGREDIENTS

½ lb. parsnips, or a mix of root vegetables (rutabaga & carrot, beet & parsnip, carrot & parsnip, rutabaga, turnip, & parsnip, or your own combination)

2 scallions or green onions, green parts chopped

2 eggs

¼ cup of flour

½ tsp. salt

¼ tsp. pepper, or to taste

2-4 Tbs. vegetable oil

Optional, to serve:

1 Tbs. soy sauce and 1 tsp. rice vinegar (dipping sauce) OR plain, low-fat yogurt

DIRECTIONS

1. Grate root vegetables using the box grater(s) or other grating tool.
2. Chop scallions/green onions.
3. Whisk the eggs in a medium bowl with the salt and pepper. Whisk in flour.
4. Stir in shredded root vegetables.
5. Heat oil in a medium pan or skillet.
6. Working in batches, form the mixture into patties roughly three inches in size and place on the pan, at least two inches apart.*
7. Cook for 2-3 minutes on the first side, then flip and cook for another 2-3 minutes until browned on both sides.
8. Continue cooking pancakes in batches, adding oil as needed.
9. Serve warm with plain yogurt or dipping sauce. If desired, cut each pancake in four pieces to create tastes for children.

Note: Patties may not hold together completely when they are raw, but will come together as they cook.

** Adapted from Not Eating Out in New York: <http://noteatingoutinny.com/2009/11/28/parsnip-pancakes/>*

