

# Veggie Pancakes

## Veggies are still good for you if they're fried, right?

- Servings - 3-4
- Prep time - 15 minutes
- Cook time - 10 minutes

## Ingredients

- 1 medium zucchini
- 1 medium carrot
- 1 cup of shredded potatoes (you can use frozen or one large russet)
- 2 green onions, chopped
- 1 egg
- 2 tablespoons flour
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon of whatever dried herb you like (or about 1 tablespoon of fresh)
- Vegetable or canola oil

## Protocol

1. Shred all your veggies using a grater. This actually didn't take very long and was really easy to use.
2. Combine all the ingredients except the oil in a large mixing bowl and mix well. If it's still pretty wet and doesn't stick together, add a little bit of flour at a time until the mixture can stick together fairly well (we're not looking to form balls or anything, just patties).
3. Add enough oil to the pan to make it 1/4 inch deep. Heat over medium-high heat.
4. When your oil is hot enough, form thick patties and carefully place them in the hot oil. If it doesn't immediately start to sputter, the oil isn't hot enough. Use a spatula and gently press down on the patties to flatten them out more. We could fit about 4 in the pan at a time.
5. Fry for 3-4 minutes per side, or until golden brown. Remove to a paper towel-lined plate and sprinkle with a little more salt immediately. You'll most likely have enough for a second batch, depending on how big you made your first patties.
6. Serve as a yummy side or just on their own and enjoy!

-D&E