

Savoury Vegetable Pancakes



Looking to switch up your classic breakfast routine? This recipe for savoury pancakes is perfect for you. Tasty, full of vegetables, and easy to prepare, they're ideal for your weekend brunches or to make in advance! Store them in the fridge or freezer and quickly reheat for a complete breakfast on your busy mornings! Also dare to enjoy them for lunch and dinner by adding a protein source of your choice, such as smoked salmon slices or sunny-side up eggs. Enjoy!

Preparation 10 min

Cooking 25 min

Servings 3

Nutrition Facts (per serving)

Calories 386

Fat 17

Carbohydrates 43

Fibre 5

Protein 15

Sodium 130

Ingredients

Pancake mixture:

- 1 medium zucchini (about 250 ml, 1 cup) grated, well drained

- 2 medium carrots (about 250 ml, 1 cup) grated
- 125 ml (½ cup) of chopped leek
- 3 eggs
- 250 ml (1 cup) of milk
- 125 ml (½ cup) of whole wheat flour
- 125 ml (½ cup) of all-purpose flour
- 5 ml (1 tsp) of dried parsley
- 5 ml (1 tsp) of minced garlic
- 30 ml (2 tbsp) of vegetable oil
- Pepper and salt, to taste

Garnish:

- 180 ml (¾ cup) of 0% natural Greek yogurt
- 1 green onion, finely chopped

Preparation

1. In a large bowl, whisk together all pancake mixture ingredients.
2. Preheat a skillet over medium heat.
3. Add 5 ml (1 tsp) of oil. Pour ½ cup of the pancake mixture to form a round about 10 cm in diameter. Cook for 2 minutes on each side, or until the pancake is golden brown.
4. Repeat the previous step for each pancake. Serve with Greek yogurt and chopped green onion.

Notes

Keeps for 3 days in the refrigerator. Freezes for 3 months in an airtight container. For best results, reheat in the oven at 350°F (175°C) for 5 minutes.



Sophia Guillot – Nutritionniste Diététiste à Lévis | Coordinatrice marketing, contenu et rayonnement
Registered Dietitian Nutritionist in Quebec City