



Japanese Vegetable Pancakes

6 Servings • 1 Serving = 2 Small Pancakes

INGREDIENTS

- ½ small head cabbage, very thinly sliced
- 4 medium carrots, peeled into ribbons
- 5 kale leaves, destemmed and cut into thin ribbons
- 4 scallions, thinly sliced on an angle
- 1 teaspoon Kosher salt
- ½ cup all-purpose flour
- 6 eggs, lightly beaten
- Safflower oil for frying
- ¼ cup ketchup
- 1 ½ Tablespoons Worcestershire sauce
- ¼ teaspoon Dijon mustard
- 1 Tablespoon rice wine vinegar
- 1 teaspoon less sodium soy sauce
- 1 Tablespoon Honey
- 1/8 teaspoon ground ginger

DIRECTIONS

1. In a large bowl, combine cabbage, carrot, kale, scallions, and salt. Toss to combine. Add flour and toss again so the flour coats all of the vegetables. Add the eggs and mix well.
2. Heat a large heavy skillet on medium-high heat. Coat the bottom with oil and let heat.
3. Add ¼ cup of the vegetable mixture to the skillet. Gently press the mixture down flat to form a pancake and cook until the edges begin to brown, about 3 minutes. Give the pancake another 30 seconds to 1 minute to cook and flip with a spatula. Cook on the other side until the edges brown and then again up to a minute more (you can peek to make sure the color is right underneath). Remove from heat and repeat with remaining vegetable mixture.
4. Combine all ketchup, Worcestershire, mustard, vinegar, soy sauce, honey, and ginger in a small saucepan and let simmer for 3 to 5 minutes, until smooth and thick.
5. Serve pancakes with sauce.

Nutrition Facts	
6 servings per container	
Serving size 2 small pancakes	
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 165mg	55%
Sodium 720mg	31%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 3g Added Sugars	6%
Protein 9g	
Vitamin D 1mcg	6%
Calcium 80mg	6%
Iron 2mg	10%
Potassium 390mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Botanical Garden

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