



Golden Carrot Pancakes

8 ounces sliced raw carrots (1-1/2 cups grated)

1/2 cup chopped onions

1/2 cup Italian bread crumbs

1 teaspoon baking powder

2 eggs, beaten

1/4 cup white whole wheat flour

1/2 teaspoon salt

1/8 teaspoon black pepper

6 Tablespoons skim milk

3 to 4 Tablespoon canola oil, as desired

Serve with: mild horseradish ranch sauce

In a food processor, process to grate carrots and onions. Add bread crumbs, baking powder, eggs, flour, salt, pepper, and 4 Tablespoons milk; process only to combine ingredients adding remaining 2 Tablespoons milk if needed.

Place about 1 to 2 Tablespoons oil in 12 inch nonstick skillet or griddle. Using about 3 to 4 Tablespoons batter for each, form into 2 to 3 inch pancakes. Cook on medium heat

about 2 minutes per side. Brown cakes on both sides Remove to warm plate to stay warm. Yield: About 10 to 12 pancakes

Cook's Note: The smaller pancake size is easier to turn over when cooking.

About the Recipe: Golden pancakes are packed with flavorful carrots and seasoned with fresh onion. A quick fry in oil produces crisp pancakes similar to potato pancakes. It's a great side dish with main dish sausage or to have as a vegetarian supper. Serve them with a mild horseradish ranch sauce or your favorite sour cream.