



Superstar Broccoli Pancakes

Like a potato pancake, only better

- 1 large head broccoli
- 1 Tablespoon water
- 1 large shallot, peeled, chopped
- 3 Tablespoons olive oil
- 1 large egg, lightly beaten
- 1/4 cup unsweetened almond milk or low-fat milk
- 1/2 Tablespoon gochujang chili paste
- 2/3 cup bread flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 Tablespoon fresh minced dill weed
- 1 to 2 Tablespoons olive oil or as needed

Green Onion Yogurt Topping

1 cup plain non-fat yogurt
1 Tbsp. lemon juice
1 green onion; chopped
1 teaspoon minced fresh dill
1/8 teaspoon ground red pepper
Garnish: minced fresh dill as desired
Serve with thin slices of smoked salmon

Cut florets off head of broccoli; remove stems (keep for another recipe), halve large florets. Place about 3 cups broccoli florets in small microwave safe bowl with 1 Tablespoon water. Cook in oven on high power for 2 minutes. Broccoli will be bright green.

Place broccoli florets and shallots in food processor; pulse on and off to chop but do not puree. Combine oil, egg, milk, and gochujang paste together. Add to chopped broccoli in food processor. Add combined flour, baking powder, salt, and dill weed. Process several times to combine ingredients.

Place 1/2 Tablespoon oil in large warm nonstick skillet; with a 2 Tablespoon scooper, drop batter into hot skillet. Leave space between the pancakes. Cook over medium heat about 1-1/2 to 2 minutes on each side or until golden brown. Remove pancakes to hot platter to keep warm. Cook remaining pancakes. Set aside to stay warm while cooking the remaining pancakes. Yield: about 10 pancakes Serves: about 4

Prepare Green Onion Yogurt Topping: Mix yogurt, lemon juice, onion, fresh dill, and red pepper together; sprinkle the top as desired with minced fresh dill. Serve as a main dish with thin slices of smoked salmon.

About the Recipe: Being a lover of potato pancakes, it was easy to substitute that bright healthy broccoli as the main ingredients in this side dish recipe. The pancakes are flavored with fresh dill and laced with a little lemon and red chili paste. They are delicious topped with green onion yogurt. Thin slices of smoked salmon make a perfect pairing for dinner.