

ROCKIN' ROOT PANCAKES



Harvest
of the
Month™

CalFresh
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

INGREDIENTS:

- 2 medium carrots, peeled and grated
- 2 medium parsnips, grated
- 1 leek, white parts only, finely diced
- 2 large eggs
- ¼ cup flour
- 1 teaspoon salt
- ¼ teaspoon pepper

INSTRUCTIONS:

1. Grate parsnips and carrots and set aside in a bowl.
2. Add leeks to the bowl, and gently mix to combine.
3. In another medium size bowl, whisk eggs, flour, salt, and pepper until smooth.
4. Fold in egg mixture to bowl with carrots, parsnips, and leeks.
5. Heat a skillet to medium/high. Add 1 Tablespoon oil.
6. When oil is hot, add batter in large spoonfuls to look like pancakes.
7. Cook for 1-2 minutes on each side until they are brown.
8. Serve warm and enjoy!

Yield: 4-6 servings

Source: Adapted from foodsmartmom.com

The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit benefitscal.com.

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