

Garden Vegetable Cakes

This recipe contains more than one type of fruit or vegetable, rich in different nutrients. Try many colors and kinds.

Ingredients:

1/3 cup grated Parmesan cheese
1/3 cup all-purpose flour
1/2 teaspoon baking powder
1/4 teaspoon dill weed
4 eggs (or 1 cup egg substitute)
2 tablespoons minced green onion with tops
2 teaspoon lemon juice
1/2 teaspoon fresh minced garlic (1/4 teaspoon dried)
1 1/2 - 2 cups shredded vegetables (unpeeled zucchini (drained and pressed), shredded potato, shredded carrots, bell pepper, celery, sweet potato or yam)
Pepper and Salt to taste

Directions:

1. Precook "harder" vegetables (i.e. carrots, sweet potato) briefly in a microwave
2. In medium bowl, stir together cheese, flour, baking powder, pepper and dill weed.
3. Beat in eggs, onions, lemon juice and garlic until well blended. Stir in shredded vegetables.
4. For each pancake, pour 1/3 cup batter onto hot, lightly greased skillet or griddle (380°F for electric griddle). Cook on both sides until golden brown. Serve hot plain or with sour cream and tomato slices.
5. Refrigerate leftovers within 2 hours.

Tips: Top with low-fat sour cream and tomato slices.

Bright Ideas:

Nutrition Facts	
Serving Size 2 cakes (136g) Servings Per Container 4	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 195mg	65%
Sodium 230mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 10g	
Vitamin A 60%	Vitamin C 40%
Calcium 15%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

4 servings, 2 cakes each

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>

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