

Cabbage Pancakes

Ingredients:

Dipping Sauce:

- 4 tablespoons plain full-fat Greek yogurt
- 1 tablespoon reduced sodium soy sauce
- 1 teaspoon hot sauce

Pancakes:

- 8 oz 1/2 bag pre-shredded coleslaw
- 4 large scallions, sliced (1/2 cup)
- 2 tablespoons coconut flour
- 4 large eggs
- 1 tablespoon reduced sodium soy sauce
- 1/4 teaspoon black pepper
- 1 tablespoon minced garlic
- 1 tablespoon refined coconut oil or avocado oil for frying

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Serves 4

***Great to serve as an
appetizer or small
snack!***



Directions:

- 1) Prepare the dipping sauce by mixing the ingredients in a small bowl. Set aside.
- 2) In a large mixing bowl, mix together the cabbage, scallions and coconut flour.
- 3) In a small bowl, whisk together the eggs, soy sauce, pepper and garlic.
- 4) Stir the egg mixture into the cabbage mixture. Mix well.
- 5) Heat a nonstick skillet over medium-high heat, about 3 minutes. Add 1 tablespoon oil and brush to coat.
- 6) Scoop the mixture into the griddle with a 1/4 measuring cup per pancake. Flatten with a spatula.
- 7) Cook 3-4 minutes on each side, until browned on both sides. Flip carefully. Serve immediately, with the dipping sauce.

Recipe adapted from: <https://healthyrecipesblogs.com/2015/01/26/cabbage-pancakes/>

For more recipes, visit <https://stjoefarm.wordpress.com>

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