

Yachaejeon (Korean Vegetable Pancake)

Servings: 3 (1 pancake each)

Diet: Vegan & Vegetarian

Ingredients

- 1 tablespoon low-sodium soy sauce
- 1/2 tablespoon vinegar
- 2 1/2 cups vegetables of your choice, thinly sliced or grated (zucchini, cabbage, green onions, onions, carrots, peppers, etc.)
- 3/4 cup all-purpose flour
- 1/4 teaspoon salt
- 2 tablespoons oil, divided

Instructions

STEP 1: Combine soy sauce, vinegar and a splash of water in a small bowl. Set aside.

STEP 2: In a medium bowl, mix the vegetables, flour, salt and a half cup of water until the vegetables are evenly coated.

STEP 3: In a medium pan, heat 2 teaspoons of oil over medium heat. Add one third of the batter and spread it thin, pressing down with a spatula. Cook 4-5 minutes per side or until golden brown and crispy. Repeat with remaining oil and mixture.

STEP 4: Serve the pancakes warm with the soy sauce mixture.



- **Reduce Food Waste:** Add any leftover veggies into your next soup, stew or salad.
- **Shopping Tip:** Short on time? Pre-shredded vegetables like carrots will work!



Per Serving: 240 Calories | 34g Carbs | 5g Sugar | 2g Fiber | 10g Fat (0.5g Sat Fat) | 5g Protein | 420mg Sodium
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