



# Vegetable Pancakes

- 2 cups shredded zucchini
- 1 teaspoon sea salt, divided
- 2 large eggs
- ¼ cup whole wheat flour, spelt or barley flour
- 2 tablespoons butter, melted
- 1 carrot, minced or shredded
- 2 cloves garlic, minced
- 1 tablespoon Dijon mustard
- 1½ teaspoon dried Italian seasoning
- 1 tablespoon finely chopped green onion
- 1 tablespoon fresh lemon juice and a bit of lemon zest
- ½ cup shredded cheddar, pepperjack or swiss cheese
- 2 teaspoons coconut oil

Toss zucchini in colander with ¼ teaspoon salt; let stand for 30 minutes. Rinse well and squeeze to remove excess moisture. If zucchini is on the dry side, no need to salt. Beat eggs; add prepared zucchini, remainder of salt and the next 8 ingredients. Fold in the cheese. Heat skillet and melt coconut oil. Fry the batter in the coconut oil until golden and flip, using ¼ cup for side dish or 2 tablespoons for appetizer. Takes about 4 minutes each side—be patient. Hold in a 200° oven while making the rest of the pancakes.