

# Savory Garden Pancakes with Yogurt Herb Sauce

COOK TIME:30 minutes

PREP TIME:20 minutes

YIELD:12 pancakes

SERVINGS:4

These savory flapjacks are packed with veggies, herbs and whole grains. They're also perfect for a special brunch or a unique side dish at supper. The best part is that you can use a variety of your favorite garden herbs. I personally love the combo of dill and parsley, but scallions and chives are a close second! Make a batch and top 'em with a squeeze of fresh lemon juice, creamy guacamole or my herby yogurt sauce.

**Swap option:** If you don't have access to fresh herbs, use 1 teaspoon of dried herbs for 1 tablespoon of fresh minced herbs.

## Ingredients

- FOR THE PANCAKES
  - 4 medium zucchinis (about 2 pounds or 8 cups grated)
  - 3/4 teaspoon kosher salt, divided, plus more for serving
  - 1/4 cup herbs, finely chopped (such as dill, parsley and/or cilantro or chives and scallions)
  - 1 large egg, lightly beaten
  - 2 egg whites, lightly beaten
  - 3 teaspoons onion powder
  - 1 teaspoon garlic powder
  - 3/4 cup whole-wheat flour
  - 1/4 teaspoon freshly ground black pepper
  - 1/2 teaspoon baking powder
  - 1 tablespoon ground flaxseeds, optional
  - 1 to 2 tablespoons canola or grapeseed oil
- FOR THE YOGURT SAUCE
  - 3/4 cup low-fat Greek Yogurt (the thicker the better)
  - 1/4 cup herbs, finely chopped (such as dill, parsley or cilantro)
  - 1 to 2 teaspoons Sriracha (omit if you don't like heat)
  - 2 tablespoons lemon juice
  - 1/8 teaspoon kosher salt
  - Freshly ground pepper, to taste

## Preparation

**To make the pancakes:**

1. Preheat oven to 350 F. Line a baking sheet with parchment paper or mist with oil spray and set aside.
2. Remove the ends of the zucchinis and grate on the large hole of a box or cheese grater (no need to remove their skins). Alternatively, you may use a shredding blade on a food processor. Add shredded zucchini to a large bowl, top with ½ teaspoon kosher salt and give it a good stir. Set aside for 10 minutes, as this will help to draw out some of the water.
3. Wrap the zucchini shreds in a clean towel, cheesecloth or layered batch of paper towels and squeeze out the excess liquid. Add the drained zucchini pieces back into the large bowl, then add ¼ teaspoon of salt, herbs, egg, egg whites, onion powder, garlic powder, flour, pepper, baking powder and flaxseed, if using. Mix well by mashing all the ingredients together until the batter is thoroughly combined.
4. In a large skillet, heat 1 1/2 teaspoons of oil over medium heat. Working in batches, drop ¼ cup of pancake mixture into the heated pan and slightly press down with a spatula to spread it out (mist the back of your spatula with oil spray to prevent any sticking). Be sure to not overcrowd the pan.
5. Cook the pancakes, about 3 to 4 minutes on the first side, and lightly sprinkle kosher salt over the tops before flipping. Flip pancakes and cook for an additional 2 to 3 minutes. Add more oil to the pan between batches.
5. Place the finished pancakes on the prepared baking sheet and bake in the oven for 8 to 10 minutes until heated through and the centers are firm. Serve with yogurt sauce or a squeeze of lemon juice.

**To make the yogurt sauce:**

In a small bowl, mix all ingredients together until well incorporated. Serve a dollop on each pancake or on the side.

<https://www.today.com/recipes/savory-garden-pancakes-yogurt-herb-sauce-recipe-t188207>