"RECYCLING" PANCAKES!

**RECIPE 1**

Zucchini and Carrot Pancakes with Greek-style Cheese

Optional substitutes and additions - e.g., finely chopped onion, garlic, canned corn/beans; instead of or in addition to carrots, use celery or parsley root. Any yellow or salad cheese can be used instead of Greek cheese.

**Ingredients:**

* 1 medium zucchini
* ½ onion - e.g., red onion
* 1 small carrot
* 2 garlic cloves
* 2 eggs
* 3 heaping tablespoons of flour
* About 100 g of cheese
* Pepper and salt to taste

**Instructions**: Grate the zucchini and carrot on a large-hole grater, sprinkle with a teaspoon of salt, and set aside for about 20 minutes. After that, squeeze the vegetables to remove excess water and add flour, eggs, chopped onion, pressed garlic, and salt and pepper. Finally, add crumbled or diced cheese and mix everything thoroughly. Heat oil in a pan and fry the pancakes until golden brown. Oven option - form pancakes on a baking tray lined with parchment paper and bake for about half an hour (turn the pancakes halfway through) at 200 degrees Celsius.

**RECIPE 2**

Celery or Other Root Vegetable Pancakes

Ingredients:

* A piece of celery
* A piece of carrot
* A piece of onion
* 1 egg
* 2-3 tablespoons of flour
* Salt, pepper, and herbs, e.g., paprika and dried garlic
* A bit of oil/olive oil for frying

**Instructions:** Grate the washed vegetables on a large-hole grater, add the egg, flour, and spices. Mix all ingredients thoroughly. Heat oil in a pan and spoon the batter onto the pan, frying the pancakes until golden brown on both sides. If you feel you used too much oil, place the pancakes on a plate lined with paper towels to absorb some of the oil. Serve with a sauce, for example, made from natural yogurt with a bit of mayonnaise or cream, seasoned with curry powder, herbal pepper, and a pinch of sugar!