



# Korean Scallion Pancakes



## Ingredients



Adapted from *houseofnasbeats.com*

- 1 bunch scallions (green onions)
- 3/4 cup flour
- 1 egg, beaten
- 2 tbsp cornstarch
- 1 clove garlic minced
- 1/2 teaspoon salt
- 3/4 cup ice water
- 1/2 tsp sesame oil
- 1/2 tsp sugar
- 4-6 tbsp vegetable oil
- Sesame seeds, pepper, red pepper to taste



## Directions



Yield: 4 Serving size: 1 pancake

1. Cut off ends of scallions and slice in half lengthwise and beat the egg in a small bowl
2. In a large bowl, mix the flour, cornstarch, salt, garlic, and half of the beaten egg
3. Heat 1-2 tbsp oil in a pan over medium-high heat
4. Pour half of the pancake batter into pan. Swirl it around to cover the bottom of the pan similar to making a crepe.
5. Lay scallions on top of the batter in the pan and drizzle with half of the remaining egg
6. Cook on each side 3-4 minutes or until golden brown
7. Repeat with remaining batter and ingredients

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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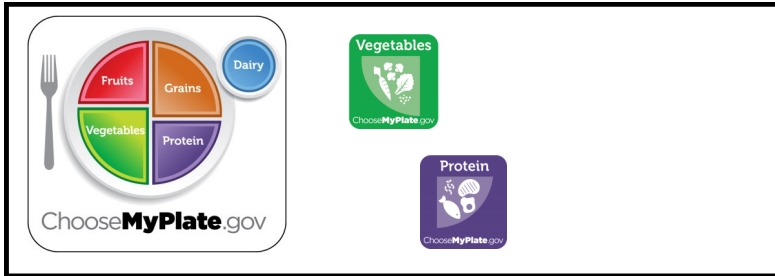
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Add in other vegetables such as carrot
- Dip in soy sauce or plum sauce

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	1 pancake
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 8g	10%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 320mg	14%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	8%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

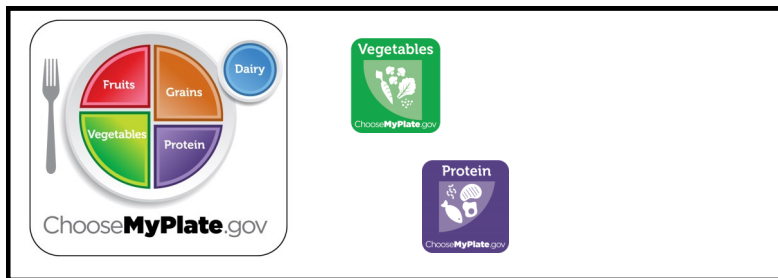
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