



RICE PANCAKES

September 26

National Pancake Day

INGREDIENTS

- 8 Cups Cooked Rice (enriched or whole grain-rich)
- 8 Eggs
- 1 Cup Finely Diced Green Onions
- 1 Cup Grated Cheddar Cheese
- 1 Teaspoon Salt
- ½ Teaspoon Pepper

DIRECTIONS

1. Mix cooked rice and cracked eggs in a bowl.
2. Add salt and pepper to the mixture and stir.
3. Mix in chopped green onions and grated cheese.
4. Heat a nonstick skillet on medium heat.
5. Spoon ¼ cup of rice mixture onto the skillet, shaping into pancakes.
6. Cook each side until golden brown and crispy, then flip.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

32 Pancakes

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Pancake	1 Pancake	2 Pancakes	2 Pancakes