



## 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



### MEAL TYPE



### YIELD

32 Pancakes

### PORTION SIZES

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