



## INGREDIENTS

- 1 Cup Green Onion (chopped)
- 1 Tablespoon Vegetable Oil
- $\frac{3}{4}$  Teaspoon Salt (split)
- 2 Cups All Purpose Flour  
(enriched or whole grain rich)
- 1 Cup Water

## DIRECTIONS

1. Put flour into a bowl and add  $\frac{1}{2}$  teaspoon of the salt. Mix it well.
2. Pour the flour mixture from step 1 into the mixer. Turn on the lowest setting, slowly add 1 cup of water. Let the mixer run for 2 minutes.
3. Take the dough out from the mixer and put it into a bowl.
4. Cover the dough with a cloth and rest for 20 minutes.
5. Meanwhile, wash and cut green onions.
6. Take the dough out and shape into a ball. Then, divide into 6 pieces.
7. Take a piece of the dough, roll and flatten out.
8. Brush oil and sprinkle salt on the flatten dough, then add the green onion.
9. Roll up the dough the long way and twist it a little bit once done. Then roll the ends and stack up the dough onto itself, similar to a cinnamon roll. Repeat steps 7-9 and finish the rest of the dough.
10. Cover the dough and rest for 30 minutes before pan frying them.
11. Brush some oil on the dough and use your palm to press down the dough and flatten it.
12. Pour  $\frac{1}{2}$  tablespoon of vegetable oil into the non-stick pan, then turn on medium. Add pancake, cover and pan fry for 2-3 minutes per side.

## MEAL PATTERN CONTRIBUTION



Grain

## MEAL TYPE



Breakfast

## YIELD

6 Pancakes

## PORTION SIZES

**Toddler:**  $\frac{1}{4}$  Pancake

**Preschool:**  $\frac{1}{4}$  Pancake

**School Age:**  $\frac{1}{2}$  Pancake

**Adult:** 1 Pancake