



## Kohlrabi Pancakes

Serves 3

1 lb. kohlrabi, peeled and grated

1/3 cup minced onion

1 Tbsp. fresh minced dill

1 egg, beaten

3 Tbsp. all-purpose flour

1/2 tsp. salt

1 Tbsp. olive oil

1/2 cup fat-free Greek yogurt or sour cream

Combine kohlrabi, onion, dill, egg, flour, and salt in a bowl until mixed. Heat olive oil in a skillet over medium high heat; ladle 1/4 cup batter into skillet for each pancake. Cook pancakes 2-4 minutes per side or until brown. Serve each pancake topped with a dollop of yogurt.

Per serving: 160 calories, 6 g fat, 9 g protein, 19 g carbohydrate, 6 g fiber, 460 mg sodium