

# Savory Cheddar Cheesy Veggie Pancakes

There's nothing we like better than breakfast for dinner, and savory pancakes are one of our favorite twists. This week it's cheddar pancakes with tiny bites of cauliflower and green beans, finished with a creamy parsley chevre. (Don't love chevre? Let us know and we'll send you cream cheese, instead.)

**35** Minutes to the Table

**35** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

Baking Sheet  
Griddle or Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Butter  
¾ cup Milk + 2 Eggs

### 4 MEEZ CONTAINERS

Cauliflower & Green Beans  
Onions & Garlic  
Flour Mix  
Goat Cheese Spread

## Make The Meal Your Own

**The size of the pancakes is up to you.** Jen thinks smaller ones are easier to turn, so she makes four small pancakes at a time. Chef Max likes the look of bigger pancakes for dinner, so he makes one big one at a time.

**Kid's Tip** – If your kids are old enough, put them in charge of making the pancakes. The pancakes may not be the same size, but your kids will get a kick out of eating their creations.

## Good To Know

**Health snapshot per serving** – 740 Calories, 47g Fat, 41 g Protein, 8g Fiber, 32 Smart Points

**Lighten Up Snap shot per serving** – 660 Calories, 41g Fat, 36g Protein, 8g Fiber, 24 Smart Points with ½ the goat cheese spread.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Cauliflower, Flour, Green Beans, Onion, White Cheddar, Goat Cheese, Lemon Juice, Parsley, Baking Powder, Garlic, Brown Sugar

meez meals

### 1. Getting Organized

Preheat the oven to 375 and heat your skillet on high heat.

### 2. Make the Pancake Batter

Add 1 Tbsp of oil to the skillet and add the **Cauliflower & Green Beans** and **Onions & Garlic** and cook for 7 to 10 minutes, stirring occasionally, until the vegetables are lightly browned. Remove veggies to a mixing bowl and add the **Flour Mix**, 2 Tbsp melted butter,  $\frac{3}{4}$  cup milk and 1 tsp salt. Separate the whites from the yolks of 2 eggs, putting the yolks in the batter and the whites in a separate bowl. Mix the batter well. It should be thick.

Beat the egg whites into peaks using an electric mixer or whisk by hand, then gently fold into the batter.

*Don't have an electric mixer? Beat the whites by hand with a whisk or, if your arm gets tired, mix the eggs in without beating. The texture will be a little different but they'll still be delicious.*

### 3. Cook the Pancakes

Melt 1 to 2 Tbsp butter on your griddle or skillet over medium high heat. Ladle the batter onto the griddle and cook until golden, 2 to 3 minutes on each side. Transfer the cooked pancakes to a baking sheet and bake for 7 to 10 minutes, until the pancakes are firm.

### 4. Put It All Together

Serve the pancakes topped with **Goat Cheese Spread**. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**