

COLLARD GREENS!



GREEN CONFETTI PANCAKES WITH GINGER LIME DIPPING SAUCE

Yield: 6 Servings (12 Tastings)

Chef Ryan Pera for Recipe for Success

PANCAKE INGREDIENTS

1 recipe	pizza dough
½ cup	seasonal green leafy vegetables (kale, collard greens, spinach)
1½ tablespoon	sesame oil
	cooking spray

TO PREPARE

Preheat the oven to 200°F.

ROLL OUT THE DOUGH

Finely dice the green leafy vegetables.

Divide the vegetables into 6 equal portions.

Divide the dough into 6 portions or keep the pizza dough ball whole. Cover 5 of the pieces with plastic wrap.

Sprinkle a clean surface with flour. Place one piece of dough on the floured surface. Roll out the dough into a circle about 7 inches across with a rolling pin.

Brush ¼ teaspoon sesame oil and a sprinkle of salt onto the round of dough. Rub the oil and salt into the round.

Sprinkle one portion of the vegetables onto the round. Lightly press the vegetables into the dough.

Fold the round into thirds and make into a ball with your hands.

Sprinkle the dough ball with a little flour. Flatten with your hand.

Roll out the flattened dough into a circle about 5 inches around.

Repeat with the other 5 pieces of dough.

(recipe continued on other side)

COOKING TIP



Classically, collard greens are cooked with ham hocks or bacon to incorporate the salty and savory flavors of southern cooking into the dish. An alternative use for collard greens is to wrap your favorite ingredients tightly within the large leaf and either steam or roast them soften their tough fibers.

EACH ½ CUP SERVING OF COOKED COLLARD GREENS PROVIDES A STAGGERING 426% OF YOUR DAILY-RECOMMENDED AMOUNT OF VITAMIN K.

GREEN CONFETTI PANCAKES WITH GINGER LIME DIPPING SAUCE CONTINUED

FINISH THE CAKES

Place a medium non-stick pan over medium heat. Spray with cooking spray.

Add one of the rolled out cakes.

Cook on one side for 4 minutes or until the bottom side is browned (don't be scared to take a peek underneath with a pancake turner to lift the edge).

Flip the pancake over with a spatula or pancake turner. Cook the other side for about 4 more minutes or until the bottom is browned.

Remove the pancake to a baking sheet. Place the baking sheet into the preheated oven. Keep it warm in the oven while cooking the other pancakes.

Cook the other pancakes one at a time.

Use this as a base for a flatbread recipe or serve it on its own!!

VARIATIONS

Add some color...try adding some grated carrots to the pancakes when adding the green leafyvegetables.

Dip it...dip the pancakes in a Ginger Lime Dipping Sauce inspired by Chef Ryan Pera of The Grove.

GINGER LIME DIPPING SAUCE INGREDIENTS

1	2 inch piece of ginger root
3	small limes
¼ cup	rice vinegar
1 tablespoon	low-sodium soy sauce
1 tablespoon	honey or light brown sugar

TO PREPARE

Peel the skin off the ginger with a spoon. Grate the ginger into a bowl. Measure out 1 tablespoon of ginger. Place the measured ginger into a medium bowl.

Cut the limes in half. Squeeze the juice into a small bowl. Measure out ¼ of a cup of juice. Pour the measured juice into the bowl with the ginger.

Place the rice vinegar, soy sauce and honey or brown sugar into the bowl with the ginger and lime juice.

Whisk well to combine.



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