



OKONOMIYAKI – JAPANESE “PIZZA”

4-6 servings

INGREDIENTS

- 1 cup flour (whole wheat, all purpose, or rice flour are all fine)
- 1 cup of water
- 2 eggs, beaten
- 3 cups shredded, riced or diced vegetables. For example – cabbage (works really well and is traditionally used in this recipe) carrots, a bag of shredded coleslaw mix is great here, brussel sprouts, scallions, leeks, cauliflower rice, zucchini, sweet potato, squash, peas, edamame, corn, jalapeño.
- 1/4 - 1/2 cup grated or shredded cheese – *optional*
- 1 teaspoon salt
- High heat oil for frying, like avocado oil. Peanut oil, vegetable oil, coconut oil are all good.

DIRECTIONS

1. Mix flour, water and egg in a large bowl until smooth.
2. Add vegetables to flour mixture and stir until well coated. Stir in cheese, if using.
3. Heat a generous amount of oil in a large skillet over medium-high heat. Pour mixture into the skillet and press it down until its flat and covering the entire pan.
4. Cook about 5-7 minutes, until golden and crispy on one side. Flip and cook another 3-4 minutes. Add shredded parmesan cheese to the top and let it melt.
5. Garnish with toasted almonds, sriracha, chives or any other herbs you wish.

STORING/REHEATING INSTRUCTIONS

- Freezes well. Cut into slices. Transfer to Ziploc bags once cool and freeze. Reheat in toaster oven on 400 until crisp