



Veggie Bird Nests

Makes approximately 24 veggie bird nests

Ingredients:

- 2 leeks, cut into matchsticks
- 1/4 cabbage, chopped into matchsticks (around 3 cups after cut)
- 4-5 medium potatoes with peels, cut into matchsticks (around 3-4 cups after cut)
- 2 eggs, slightly beaten
- 1/3 cup whole wheat pastry flour or gluten-free flour
- 1/2 tsp salt
- 1/4 tsp pepper
- 3 Tbsp (or less) olive oil or oil spray



Directions:

1. In a large bowl, toss the cut leeks, cabbage, and potatoes to combine. Squeeze firmly 5 or 6 times to slightly wilt them. You may also choose to squeeze them over a colander to drain excess liquid - it will pool up in the bottom of the bowl otherwise.
2. Add flour, eggs, salt, and pepper and mix until well coated. (I'm lazy and just toss the eggs right in, and mix them in with my hands, rather than getting a bowl dirty beating them first.)
3. Heat a large skillet or griddle over medium heat and drizzle on enough oil that you can roll it around to coat the bottom of the pan (or spray generously.)
4. Working in batches, drop around 1/3 cup of the mixture into the pan, spreading it a bit to be around 4-inches diameter. Do as many as you can fit into the pan without letting them touch. Cook for around 4 minutes, then squirt or spray a little oil on each one before flipping and cooking for another 4 minutes. They should be tender and a deep golden brown.