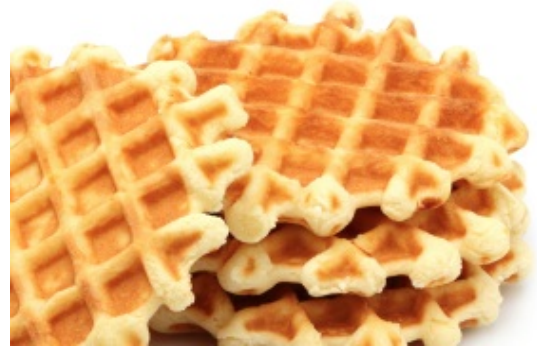




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Korean Style Waffle

By Gemalli Austin, DrPH, RD

Ingredients

- 1/2 cup shredded sweet potato
- 1 bunch of chopped scallions
- 1/2 cup of sliced mushrooms
- 1/3 cup leek (optional)
- 1/4 cup zucchini matchstick
- 1 cup of cabbage (red or regular)
- 1 cup of all-purpose flour
- small chile or jalapeno (optional for heat)
- 2-3 Tbs of Corn starch
- 1 tsp of salt
- 1 1/2 tbsps of sesame oil (opt)
- 1 cup of room-temperature water
- 1 Tbs of Amino Sauce (or Soy Sauce)
- 1 Tsp of toasted sesame seeds
- 1 tsp of hot pepper flakes (optional)

Instructions

Vegetables: Slice vegetables thinly 1 inch long.

Batter:

1. Mix dry ingredients: all-purpose flour, cornstarch, baking powder, and salt.
2. Add water.
3. Use a whisk to make a lump-free batter, like a pancake-like batter.
4. Add sesame oil and mix. If the batter is too thick, add 2-4 tbsp of water.
5. Mix in the vegetables and coat them properly.

Make a waffle:

1. Heat your waffle machine.
2. Add vegetable oil to coat your waffle machine evenly.
3. Add the batter to the waffle machine and spread it out evenly.
4. Cook for 4-6 minutes, until crunchy, light golden brown.
5. Serve with your dip sauce.

Dipping Sauce: Combine Amino Sauce, sesame seeds, and hot pepper flakes.

Enjoy!