Wild Rice Pancakes with Blueberry Sauce
Makes 26 mini pancakes

These delicious pancakes are very versatile and can be served for breakfast or lunch. For breakfast, make the recipe as written and serve with fresh berries or a berry compote. For lunch you can add 1 cup of any cooked, chopped protein you like plus 1 teaspoon of dried thyme and 1/4 cup chopped green onions. Leftover chicken or turkey are good additions. Serve with the savoury blueberry sauce for lunch.

4 cups cooked and cooled wild rice
1/2 cup all-purpose flour or 6 tablespoons whole wheat flour
3 large eggs
1/2 cup Greek yogurt
1/2 teaspoon baking powder
1/4 Kosher salt

Combine rice, flour, eggs and yogurt. Stir in cooked protein, thyme and onions if using. Mix well to combine and season with salt and pepper.

Heat a large non-stick griddle or skillet over medium high heat. Coat with a tablespoon of olive oil or cooking spray. Drop 2 tablespoons of the mixture for each pancake onto the hot skillet. Cook 3-4 minutes on each side or until lightly brown.

Serve immediately with fresh berries or warm wild blueberry sauce.

Wild Blueberry Sauce

2 tablespoons finely minced green onion (about 1 large, white and light green parts only)
1 tablespoon unsalted butter
2 tablespoons balsamic vinegar
1 cups frozen wild blueberries
1 tablespoons maple syrup
2 teaspoons corn starch
1 tablespoon water

Melt butter in a saucepan over medium high heat. Add the green onions and sauté until tender, about 2 minutes. Add vinegar and boil until reduced to about a tablespoon. Stir in blueberries and maple syrup. Bring the mixture to a boil. Mix the cornstarch with the water and add to the blueberry mixture. Continue to cook until mixture has thickened.

Make Ahead: Cook large pancakes then cut out individual rounds with a 1.5” or 2” cutter. Wrap in foil and place in Ziplock bags. Store in freezer. Defrost in refrigerator overnight and reheat in a 350°F oven for 10-15 minutes.
Sauce can be made day before and gently reheated in a saucepan over low heat.