

Sweet Potato Pancakes

Ingredients:

6 cups sweet potatoes, peeled and finely shredded

1 cup onions, finely shredded

1 tsp salt-free herb dressing

1 2/3 cup whole wheat flour

1/3 cup flat-leaf parsley, chopped

2 cups zucchini, finely shredded

¼ cup lemon juice

1 ½ cups egg substitute

6 tsp canola oil, divided



Directions:

1. In large bowl, mix sweet potatoes, onion, herb seasoning, flour, parsley, zucchini, lemon juice and egg substitute.

2. In a large non-stick frying pan or griddle, warm 2 tsp of the oil over medium-high heat.

3. Drop 1 Tbsp of batter into the pan and spread it with a spatula to form a thin pancake. Add more batter to fill the pan with thin pancakes. Cook for approximately 2 minutes on each side.

4. Remove from the pan and keep warm. Repeat, adding the remaining 4 tsp oil as needed, until all the batter is used.

5. Serve.

Credit: Recipe adapted from the CDC

Nutritional Information per Serving

Serves 8

Calories: 260

Carbohydrates: 42g

Total Fat: 6g

Cholesterol: 0mg

Saturated Fat: 0.5g

Dietary Fiber: 7g

% of Calories from Fat: 21%

Sodium: 140mg

Protein: 11g