## SWEET POTATO SQUASH PANCAKES

Ingredients

1 teaspoon vegetable oil

1 large sweet potato

1 large winter squash

1/4 cup onion (chopped)

2 large egg whites

2 tablesppons fresh chives (chopped)

1 tablespoon all purpose flour

2 tablespoons fresh lemon juice

1/2 teaspoon salt

1/4 teaspoon ground pepper

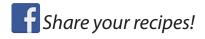
## **Directions**

- Bring a large pot of water to a boil over high heat.
- Peel, wash, and chop the sweet potato and winter squash into cubes of roughly equal size. These short videos show preparation tips for acorn squash and butternut squash.
- 3. Add the squash and sweet potato to the boiling water and reduce heat to medium-high. Boil until they are tender (about 15 minutes).
- 4. Drain, cool, and mash the squash and sweet potato.
- 5. Make sure the mixture is cool or else you will cook the egg whites.
- 6. Add the other ingredients to the mashed squash-sweet potato mixture.
- 7. Heat oven to 200°F.
- Spray 10-inch skillet with nonstick cooking spray. Heat the skillet over medium heat.
- Cook pancakes in skillet one at a time. For each pancake, spoon 1/3 cup batter into the skillet and flatten slightly. Cook about 5 minutes on each side or until golden brown.
- 10. Spray pan before starting each pancake.
- Place cooked pancakes on an ungreased cookie sheet, and keep them warm in oven while you cook the remaining pancakes.





Learn more about **SWEET POTATO** by scanning the QR code above or by visiting https://extension.purdue.edu/foodlink/food.php?food=sweet potato.



## 1/6 of recipe Serving Size **Nutrients Amount Total Calories** 45 Protein 2q Carbohydrates 8q Dietary Fiber 1g Total Fat 1g Saturated Fat 0g Cholesterol 0mg Sodium 230mg

**Nutrition Information**