

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 tablespoons fresh chives (chopped)
- 1 tablespoon all purpose flour
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper

Directions

1. Bring a large pot of water to a boil over high heat.
2. 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.
8. Spray 10-inch skillet with nonstick cooking spray. Heat the skillet over medium heat.
9. 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.
11. 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](https://extension.purdue.edu/foodlink/food.php?food=sweet%20potato).



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Nutrition Information

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