

Sweet Potato Squash Pancakes

From the Centers for Disease Control (CDC) Fruit and Veggies: More Matters Campaign
<http://www.fruitsandveggiesmorematters.org/recipe?iRID=944>

Ingredients

- 1 tsp. vegetable oil
- 1 large sweet potato
- 1 large squash
- ¼ cup chopped onion
- 2 large egg whites
- 2 Tbs. chopped fresh chives
- 1 Tbs. all-purpose flour
- 2 Tbs. fresh lemon juice
- ½ tsp. salt
- ¼ tsp. ground pepper

Instructions

1. Peel, boil, and mash squash and sweet potato. Let cool.
2. Preheat oven to 200 degrees.
3. Mix cooled squash and sweet potato with all other ingredients.
4. Spray 10-inch skillet or griddle with nonstick spray; add oil. Heat on medium.
5. For each pancake, spoon about 1/3 cup batter onto hot griddle; flatten slightly. Cook about 4-5 minutes on each side until golden brown.
6. Place cooked pancakes on cookie sheet in oven to keep warm while cooking rest of pancakes.

Makes 6 servings (serving size = 1 pancake)

Nutrition information per serving:

Calories	45
Carbohydrate	8 g
Dietary Fiber	1 g
Protein	2 g
Total Fat	1 g
Saturated Fat	0 g
Sodium	230 mg

