

Beet Veggie Pancakes

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Yield: 5 to 6 pancakes

1/2 medium beet, peeled and grated
3 tablespoons flour
1/4 cup Parmesan cheese, grated
1 tablespoon Vidalia onion, grated
1 pinch Kosher salt
1 tablespoon olive oil
1 large egg, beaten
LEMON-MINT DIPPING SAUCE
1/3 cup 2% Greek yogurt
juice of one-half lemon
1 teaspoon fresh mint, finely chopped
1 pinch Kosher salt

Make the Lemon-Mint Dipping Sauce: In a bowl, whisk the Greek yogurt, lemon juice, mint and salt. Set aside.

In a medium bowl, stir the beet with the flour, Parmesan, onion and salt.

Warm the olive oil in a large cast-iron or nonstick skillet over medium-high heat. When the oil is hot, stir the egg into the beet mixture. Drop heaping spoonfuls of batter into the pan. Flatten slightly with the back of a spoon and cook until golden, about 2 minutes per side.

Serve with the Lemon-Mint Dipping Sauce.

Per Serving (excluding unknown items): 392 Calories; 25g Fat (57.2% calories from fat); 18g Protein; 24g Carbohydrate; 2g Dietary Fiber; 228mg Cholesterol; 711mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1 Vegetable; 3 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	392	Vitamin B6 (mg):	.1mg
% Calories from Fat:	57.2%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	24.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	18.3%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	25g	Folacin (mcg):	80mcg
Saturated Fat (g):	7g	Niacin (mg):	2mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	228mg	% Refused:	0 0%
Carbohydrate (g):	24g		

Food Exchanges

Dietary Fiber (g): 2g
Protein (g): 18g
Sodium (mg): 711mg
Potassium (mg): 271mg
Calcium (mg): 317mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 477IU
Vitamin A (r.e.): 121 1/2RE

Grain (Starch): 1
Lean Meat: 2
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 392 **Calories from Fat:** 224

% Daily Values*

Total Fat 25g	38%
Saturated Fat 7g	36%
Cholesterol 228mg	76%
Sodium 711mg	30%
Total Carbohydrates 24g	8%
Dietary Fiber 2g	9%
Protein 18g	
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Vitamin A	10%
Vitamin C	5%
Calcium	32%
Iron	15%

* Percent Daily Values are based on a 2000 calorie diet.