

Sweet Potato Latkes (Sweet Potato Pancakes)

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Vegetarian Times Magazine - January 2010

Servings: 6

Start to Finish Time: 30 minutes

1/4 cup baked puree'd sweet potato

1 1/4 pounds sweet potatoes, peeled and shredded

1/2 cup onion, grated

1/4 cup all-purpose flour

1/2 teaspoon salt

1/4 teaspoon ground black pepper

4 teaspoons canola oil, divided

Combine the sweet potato puree', shredded sweet potatoes, onion, flour, salt and pepper in a bowl. Shape into 1/4-inch-thick patties.

Heat a nonstick skillet over medium-high heat. Coat the pan with cooking spray. Add one teaspoon of oil.

Add three patties. Cook for 3 minutes. Flip and cook for 2 minutes more or until browned on both sides. Drain on a paper-towel-lined plate.

Repeat with the remaining oil and patties.

Per Serving (excluding unknown items): 123 Calories; 3g Fat (24.0% calories from fat); 2g Protein; 22g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 187mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 1/2 Fat.