



Sweet Potato Pancakes with Balsamic Maple Mushrooms

Yield: 4 servings

Ingredients:

Sweet Potato Pancakes

- 3 medium sweet potatoes or yams (orange flesh)
- 1 cup non-fat milk
- 1 egg, beaten
- 2 tbsp. vegetable oil
- 1 cup whole-wheat flour
- 2 tsp baking powder
- ¼ tsp salt
- Cooking spray, as needed

Balsamic Maple Mushrooms

- 1 lb. cremini and/or white button mushrooms, quartered
- 1 tbsp. vegetable oil
- 1/3 cup maple syrup
- 1 tbsp. balsamic vinegar



Directions:

1. Microwave sweet potatoes until soft; let cool. Peel and mash potatoes, using an electric mixer. Add milk, egg, and vegetable oil to potatoes; mix.
2. Sift together dry ingredients and add to potato mixture. Mix on low until just blended.
3. Heat non-stick skillet or griddle over medium heat; coat skillet with cooking spray.
4. Use ¼ cup of batter per pancake, ladling into hot skillet. Wait until pancake bubbles and looks slightly dry on top before flipping over.
5. While pancakes are cooking, heat 1 tbsp. vegetable oil in another skillet (do not use non-stick) over medium flame. Add quartered mushrooms and toss to coat with oil. Let simmer, stirring occasionally, until juices run. Add maple syrup and balsamic vinegar to pan. Let simmer until sauce reduces and thickens.
6. To serve, stack 2-3 pancakes, alternating with balsamic maple mushrooms.





Nutrition Facts: Calories, 420; Calories from fat, 110; Total fat, 12g; Saturated fat, 1.5g; Trans fat 0g; Cholesterol, 50mg; Sodium, 480mg; Total Carbohydrate, 70g; Fiber, 7g; Protein, 7g; Vit. A, 390%; Vit. C, 25%; Calcium, 30%; Iron, 15%.

Source: www.choosemyplate.gov



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