



Spinach Potato Pancakes

Yield: 4 Servings

Ingredients:

2 cups zucchini, shredded
1 potato, medium (peeled and shredded)
1/4 cup onion, finely chopped
1/4 teaspoon salt
1/4 cup whole wheat flour
1 1/2 cup spinach, chopped and steamed
1/2 teaspoon pepper
1/4 teaspoon ground nutmeg
1 egg, beaten
applesauce (optional)



Directions:

1. Combine the first eight ingredients in a bowl.
2. Stir in egg and mix well.
3. Drop batter by 1/4 cups onto a well-greased hot griddle and flatten to form patties.
4. Fry until golden brown; turn and cook until the second side is lightly browned. Drain on paper towels and serve with applesauce, if desired.

Cost: Per recipe: \$2.30; Per serving: \$0.57

Nutrition Facts: Calories, 90; Calories from fat, 15; Total fat, 1.5g; Saturated fat, 0.5g; Trans fat 0g; Cholesterol, 45mg; Sodium, 180mg; Total Carbohydrate, 16g; Fiber, 2g; Protein, 6g; Vit. A, 25%; Vit. C, 35%; Calcium, 4%; Iron, 8%.

Source: <http://recipefinder.nal.usda.gov/>



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