

Ginger Sweet Potato Pancakes

(Makes 18 pancakes -6 servings)

Ingredients:

- One 1-pound sweet potato, peeled
- 1 medium sweet onion like Vidalia, Maui, or Walla Walla
- 2 teaspoons grated fresh ginger
- ¼ cup egg substitute
- ¼ cup whole wheat pastry flour
- ¼ teaspoon baking powder
- ¼ teaspoon kosher salt, optional
- Freshly ground pepper
- Vegetable oil cooking spray



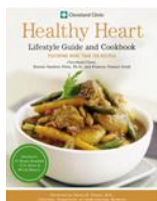
Directions:

- 1) In a food processor fitted with the grating blade, or with a handheld grater, grate the potato and onion. Place in a bowl. Stir in the ginger, egg substitute, flour, baking powder, salt (if using) and pepper.
- 2) Coat a nonstick skillet with cooking spray and preheat over medium-low heat. Drop ¼ cup of the potato mixture at a time onto the skillet, pressing each pancake down with the back of a spatula. Cook for 6 to 8 minutes per side, turning once browned on the bottom. Spritz the other side with cooking spray as you turn the pancake. Remove from the pan when they are browned and slightly crusty on both sides.
- 3) Serve immediately, or reheat as needed in a microwave..

Nutritional Analysis: (per serving / 3 pancakes)

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| ▪ Calories: 110 (0% calories from fat) | ▪ Carbohydrates: 25 g |
| ▪ Total Fat: 0 g | ▪ Total Fiber: 4 g |
| ▪ Saturated Fat: 0 g | ▪ Cholesterol: 0 mg |
| ▪ Protein: 3 g | ▪ Sodium: 65 mg |

Source:



This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.