

Sweet Potato Pancakes



Cookwell™
Healthy Cooking Oils

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INGREDIENTS

¼ cup	Cookwell Fry Plus™
¼ cup	Parmesan Cheese
1 large	Sweet Potato, peeled
1 large	Baking Potato, peeled
2	Eggs
1 small	Onion, minced
3 Tbsp.	Whole Wheat Flour
1/8 tsp.	Salt
1/8 tsp.	Pepper
¼ tsp.	Paprika
For Garnish:	Greek Yogurt, plain
	Chives, minced

COOKING INSTRUCTIONS

1. Grate potatoes and place in a towel, squeeze out all liquid, dry on paper towels.
2. Cover the bottom of a frying pan with oil, heat over medium.
3. Meanwhile, mix remaining ingredients together.
4. Drop tablespoons of potato mixture in oil, flattening out.
5. Cook for 1-2 minutes on each side, until golden brown.
6. Remove from frying pan, drain on paper towels and continue frying remainder of mixture.
7. Garnish each with a dollop of Greek yogurt and chives, if desired and serve hot!

Tip: Sweet potatoes are very high in Vitamin A which is great for eyesight!

