



SWEET POTATO PANCAKES WITH BALSAMIC MAPLE MUSHROOMS

This healthful version of pancakes features the delicious goodness of mashed sweet potatoes and whole grains, artfully balanced with sweet savory sautéed mushrooms infused with maple syrup and balsamic vinegar. This dish is perfect for dinner or brunch.

Preparation time: 45 minutes

Serves: 4

INGREDIENTS:

Sweet Potato Pancakes

- 3 medium sweet potatoes or yams (orange flesh)
- 1 cup non-fat milk
- 1 egg, beaten
- 2 tsp 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
- ½ cup maple syrup
- 1 tbsp balsamic vinegar



DIRECTIONS:

Microwave sweet potatoes until soft; let cool. Peel and mash potatoes, using an electric mixer. Add milk, egg, and vegetable oil to potatoes; mix. Sift together dry ingredients and add to potato mixture. Mix on low until just blended. Heat non-stick skillet or griddle over medium heat; coat skillet with cooking spray. Use ¼ cup of batter per pancake, ladling into hot skillet. Wait until pancake bubbles and looks slightly dry on top before flipping over. 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. To serve, stack 2-3 pancakes, alternating with balsamic maple mushrooms.

Serving Suggestions:

Serve with 8 oz non-fat milk and 1 cup of field greens dressed with olive oil and vinegar.

Food Group Amounts	
Dairy	¼ cup
Fruits	--
Vegetables	1¼ cup
Grains	2 oz
Protein	½ oz

Nutrition Facts	
Serving Size (380g)	
Servings Per Container	
Amount Per Serving	
Calories 420	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 480mg	20%
Total Carbohydrate 70g	23%
Dietary Fiber 7g	28%
Sugars 29g	
Protein 12g	
Vitamin A 390%	Vitamin C 25%
Calcium 30%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe Submitted by Produce For Better Health Foundation



United States
Department of
Agriculture

June 2013
Center for Nutrition Policy and Promotion

