

Mashed Potato & Vegetable Pancakes

Ingredients:

2 large (or 4 medium) potatoes
 2 teaspoons Kosher salt
 1 large bunch scallions, finely chopped
 ½ red bell pepper, cored, seeded, and finely chopped
 ¾ cup finely chopped cooked chard or kale
 1 tablespoon parsley, minced
 1 tablespoon potato starch (or flour)
 Black pepper
 2 large eggs, beaten
 3 tablespoons oil
 Sour cream, for serving (optional)

Equipment:

Cutting board
 Knife
 Medium pot
 Potato masher
 Skillet or pancake griddle
 Spatula
 Wooden spoon
 Measuring spoons
 Measuring cups

Number of Servings: 4
 Prep Time: 10 minutes
 Total time: 45 minutes

Directions

1. Peel the potatoes, cut them into chunks, and put them in a medium pot, covered by water 1 inch above the potatoes. Add 2 teaspoons of salt and boil until very tender, about 20 minutes. Drain and then mash them with fork or potato masher; a few lumps are okay.
2. Add the scallions, red peppers, kale, parsley, and potato starch to the potatoes and fold together until well blended. Season with salt and pepper, tasting to adjust the seasonings, and then stir in the eggs.
3. Heat skillet over medium-high heat. Add about 3 tablespoons of oil or non-stick spray and wait for 30 seconds, until the oil is very hot. Spoon about ½ cup batter into the pan to form a small thick cake. Add as many as will comfortably fit in the pan. Fry until nicely browned, 3 to 4 minutes. Flip and fry the other side until browned pancakes are heated through. Repeat with the next round if necessary. Serve hot, with sour cream, if you would like.

TIP: You can also use cold leftover mashed potatoes!

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and follow us on Twitter
www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts

Serving Size: 2 pancakes	
Servings: 4	
Amount Per Serving	
Calories 212	Calories from Fat 135
%Daily Value*	
Total Fat 15g	23%
Saturated Fat 4g	18%
Cholesterol 111mg	37%
Sodium 998mg	42%
Potassium 459mg	13%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	6%
Protein 5g	10%
Vitamin A 27%	Vitamin C 73%
Iron 7%	Calcium 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Do you want to learn to cook healthy meals your family will love? Call 1-888-814-7627 to learn about free, fun groups!

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.