

**Sweet Potato and Flax Pancakes**

2	cups	lightly packed grated sweet potato	500	mL
2	tbsp.	grated onion	25	mL
2	tbsp.	chopped cilantro*	25	mL
1		large egg, slightly beaten	1	
1/3	cup	whole wheat flour	75	mL
1/4	cup	ground flaxseed	50	mL
1	tsp.	baking powder	5	mL
1/2	tsp.	salt	2	mL
1/2	tsp.	curry powder	2	mL
1/4	cup	1% milk	50	mL
2	tbsp.	melted butter	25	mL
		canola oil for frying		

- In a bowl, combine sweet potato, onion, cilantro and egg.
- Add flour, ground flaxseed, baking powder, salt and curry. Stir.
- Add milk and butter. Stir to form batter.
- Heat a nonstick fry pan over medium heat.
- Add 1 to 2 tsp. (5 to 10 mL) canola oil. Swirl to coat pan.
- Using a 1 tbsp. (15 mL) measure, drop rounded scoop of batter into fry pan, flatten slightly with back of the spoon.
- Cook 1 to 1 ½ minutes or until nicely browned on bottom and around edges.
- Flip over, gently pressing down on pancake with back of pancake turner; cook 1 to ½ minutes or until cooked through.
- Continue cooking pancakes until all the batter is used, adding more oil to pan as needed.
- Serve with plain yogurt and mango chutney.

\*fresh parsley can be substituted

A nice accompaniment for pan roasted pork tenderloin with flax crust.

Yield: 5 servings

Serving Size: 3 pancakes

**Single Serving Nutrient Values**

Calories	159.79	
Protein	5.14	g
Carbohydrate	22.34	g
Fiber	4.26	g
Fat	7.07	g
Saturated	2.89	g
Monounsaturated	1.80	g
Polyunsaturated	1.36	g
Cholesterol	49.62	mg
Folate	15.82	mcg
Potassium	224.90	mg
Sodium	361.48	mg

