

Sweet Potato Pancakes with Balsamic Maple Mushrooms

Preparation Time: 15 minutes

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.



Ingredients

Sweet Potato Pancakes

- 3 medium sweet potatoes or yams (orange flesh)
- 1 cup non-fat milk
- 1 egg, beaten
- 2 tbsp 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
- ⅓ cup maple syrup
- 1 tbsp balsamic vinegar

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. Serves 4.

Tips on how to select and store sweet potatoes (yams)

- Choose sweet potatoes (yams) that are firm without soft spots or bruises.
- Store sweet potatoes (yams) in a cool, dark place away from extreme temperatures. Do not store in bags.
- Sweet potatoes (yams) will keep fresh for 10-14 days.

For more great-tasting recipes featuring sweet potatoes (yams), visit www.SweetPotatoUSA.org.

Facts about mushrooms

- Mushrooms can be prepared in a variety of ways! Simply marinate in spices, then sauté, roast, grill, or broil for robust flavors.
- Mushrooms are rich in umami – the fifth basic taste after sweet, salty, bitter, and sour – described as a savory, meaty taste sensation.
- Mushrooms are low in sodium, plus their umami counterbalances saltiness and allows for less salt to be used in a dish, without compromising taste.

For more tips and great-tasting recipes, visit www.MushroomInfo.com.

Recipe cost \$9.68 for four, \$2.42 per serving.

Meal cost \$13.22 for four, \$3.31 per serving.

*Retail prices, Boulder, Colorado and online, Winter 2012.

Recipe Nutrition Information per Serving

Calories 420
Total Fat 12g
Saturated Fat 1.5g
% of Calories from Fat 26%
% Calories from Sat Fat 3%
Protein 12g
Carbohydrates 70g
Cholesterol 50mg
Dietary Fiber 7g
Sodium 480mg

An excellent source of fiber, protein, vitamin A, vitamin C, thiamin, niacin, riboflavin, vitamin B6, pantothenic acid, potassium, calcium, phosphorus, magnesium, zinc, and copper, and a good source of vitamin D, folate, iron, and iodine.

MyPlate Food Group Amounts

Fruits 0	Protein ½ oz
Vegetables 1¾ cups	Dairy ¼ cup
Grains 2 oz	

Meal Nutrition Information per Serving

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

Calories 600
Total Fat 22g
Saturated Fat 2.5g
% of Calories from Fat 32%
% Calories from Sat Fat 4%
Protein 21g
Carbohydrates 85g
Cholesterol 55mg
Dietary Fiber 8g
Sodium 600mg

An excellent source of fiber, protein, vitamin A, vitamin C, vitamin D, thiamin, niacin, riboflavin, vitamin B6, vitamin B12, pantothenic acid, potassium, calcium, phosphorus, magnesium, zinc, iodine, and copper, and a good source of vitamin E, folate, and iron.

MyPlate Food Group Amounts

Fruits 0	Protein ½ oz
Vegetables 2¾ cups	Dairy 1¼ cups
Grains 2 oz	

Healthy Resources

www.FruitsAndVeggiesMoreMatters.org

www.SweetPotatoUSA.org

www.MushroomInfo.com

www.FoodChamps.org

www.ChooseMyPlate.gov

MyPlate Core Messages

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

