

Sweet Potato & Parsnip Pancakes

2 # sweet potatoes, peeled
1# parsnips, peeled
5 to 6 large eggs, beaten
4 oz. onions, minced
2 oz. scallions (green parts only), minced
3 oz. flour
1 ½ T. baking powder
Salt & pepper, to taste
Canola Oil for the pan

Lightly beat the eggs and place in a medium bowl. Peel and coarsely grate the potatoes on a box grater. Add potatoes & parsnips to the egg mixture as soon as they are grated. Stir in onions, scallions, flour and baking powder. Season with salt and pepper and blend well.

Heat a little oil in a non-stick pan (sometimes a silicone pastry brush works well for distributing oil in the pan). Drop 1 T. of batter into pan and shape into a flat patty. Fry until golden, then flip and fry the other side until golden. Transfer to a paper towel-lined platter/sheet pan to drain. Repeat until all batter is cooked. Serve warm.

Optional: Pancakes may be topped with applesauce, sour cream, or dried fruit compote.

Makes about 30 pancakes.

Chef's Note:

For Little Kids – Scallions may be cut with a scissors, or torn into tiny pieces. Mince onions in the chopper. Set up 1 “egg cracking station” so the whole table does not get contaminated. Be sure to have kids wash their hands after cracking eggs!