

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!

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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.

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