

Crispy Sweet Potato Green Onion Cakes

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Serves: 6

Prep: 30 minutes | **Cook:** 15 minutes

INGREDIENTS

- 4 medium sweet potatoes
- 2 eggs, lightly beaten
- 1/2 cup flour
- 2 mini sweet peppers, diced (optional)
- 1/2 teaspoon salt
- 1/2 cup green onions, thinly sliced
- 1/4 cup cooking oil
- Lime wedges (optional)

DIRECTIONS

1. Wash and scrub sweet potatoes. Pierce one sweet potato several places with a sharp knife.
2. Microwave one sweet potato until the skin can be easily pierced with a knife, about 5 minutes, flipping halfway through. Allow to cool.
3. Remove roasted sweet potato from skin. Mash with a fork.
4. Peel remaining sweet potatoes and grate using a box grater (if you don't have a grater, chop into small pieces).
5. Stir together mashed sweet potato, grated sweet potatoes, flour, peppers, salt, and half of the green onions.
6. Heat oil in a skillet over medium heat and drop tablespoonfuls of potato mixture into skillet, pressing lightly to flatten. Cook 5-6 minutes on each side, until golden brown.
7. Just before serving, sprinkle with remaining green onions, and serve with lime wedges, if using. Enjoy!



Nutrition Information

Serving Size: 1/6 of recipe

Calories	225
Total fat	11 g
Saturated fat	2 g
Cholesterol	62 mg
Sodium	266 mg
Carbohydrates	27 g
Fiber	3 g
Sugars	5 g
Protein	5 g

Recipe source: Adapted from
myrecipes.com