

# Potato Pancakes

Make the most out of leftovers with a quick and easy recipe for potato pancakes.

Difficulty: **Easy/Beginner**

Total Time: **30 minutes**

Servings: **8**



## INGREDIENTS

Yukon Gold potatoes: 4

Hot milk: 1/4 cup

Canola oil: 2 tablespoons

Grated carrots: 1/2 cup

Finely chopped onion: 1/4 cup

Chopped green onion: 1/4 cup

Freshly chopped parsley:  
2 tablespoons

All-purpose flour:  
2 tablespoons

Salt: 1 teaspoon

Pepper: 1/4 teaspoon

Canola oil: 2-3 tablespoons

## INSTRUCTIONS

1. Quick and easy microwave mashed potatoes: Place whole potatoes (do not poke) into microwave-safe dish. Cover dish. (If covering dish with plastic wrap, poke small hole in plastic.) Microwave on high for 9 minutes or until potatoes are done. Use oven mitts to remove dish from microwave; carefully remove cover from dish due to steam build-up. Add milk, canola oil margarine or butter blend, salt and pepper to taste. Using potato masher, mash potatoes to desired consistency.
2. To prepare pancakes: In large mixing bowl, combine mashed potatoes, carrots, onions, parsley, flour, salt and pepper. Mix well.
3. In large fry pan, heat canola oil. Spoon vegetable mixture, about 1/3 cup at a time, to form pancakes. Cook pancakes over medium heat for 3 to 4 minutes per side, or until cooked through and golden brown. Add additional canola oil as needed to cook remaining pancakes.

## NUTRITION INFO

- Calories: 120
- Total Fat: 6g
- Cholesterol: 0mg
- Protein: 2g
- Carbohydrates: 15g
- Sodium: 180mg