



### Highlighting - Sweet Potatoes

#### **Southern Sweet Tater Pancakes**

*Filled with pimento cheese goodness*

- 8 ounces fresh zucchini, coarse chopped
- 3/4 teaspoon salt, divided
- 8 ounces fresh sweet potatoes, peeled, sliced
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 3 large eggs, lightly beaten
- 1/2 cup all-purpose flour
- 1 teaspoon baking powder
- 1 Tablespoon avocado or olive oil
- 2 ounces (about 1/2 cup) shredded mild cheddar cheese
- 1 Tablespoon sliced pimento peppers, drained
- 4 to 6 Tablespoons vegetable oil as needed

**Serve with:**

3/4 cup unflavored Greek yogurt or sour cream  
3 Tablespoons fine minced green onions  
3 Tablespoons fine chopped mild cheddar cheese  
Sweet sliced pimentos peppers, well drained, as desired

**Remove Excess Liquid from Zucchini:** Place zucchini and ½ teaspoon salt in food processor; pulse to; coarse chop. Place zucchini in microwave safe bowl; cook on high power for 1 minute to help release liquid. Remove liquid from bowl; place zucchini over strainer for about 5 minute to remove more liquid. Before using, squeeze zucchini in paper towels to remove excess liquid.

**Prepare the Potato Pancake Batter:** Place sweet potatoes in food processor; pulse to coarse grated consistency. Add the drained zucchini, ¼ teaspoon salt, black pepper, garlic powder, onion powder, eggs, flour, baking powder, and olive oil; pulse and mix to form the potato pancake consistency. Add cheese and pimento peppers; pulse only to chop and combine with batter.

**Pan Fry the Pancakes:** Heat 2 Tablespoons oil in a large Teflon-coated skillet over medium-to-medium high heat. Using about 1/3 cup of batter for each cake, fry potato pancakes for about 2-1/2 minutes, turn over, cook 2-1/2 minutes until golden brown and crisp on both sides. Remove to platter. Add oil as needed to cook remaining pancakes for about 5 minutes each. Serve hot. Yield: 7 pancakes

**To Serve:** In a small bowl, stir yogurt or sour cream with minced green onions and finely chopped cheese. Serve pancakes topped with a dollop of creamy topping and garnish with well-drained pimento pepper slices.

**Cook's Note:** If you love the flavor of sharp cheddar, substitute it in the recipe and topping. Double the recipe to make about 14 pancakes.

**About the Recipe:** Living in the South, you soon discover that pimiento cheese appears in burgers, breakfast sandwiches, macaroni, and smeared on crackers or even gingersnaps. In this recipe, it joins the sweet potato and garden zucchini to create a savory tater cake, crispy on the outside and soft on the inside. They are so delicious that you even forget that they're packed with delicious vegetables.

**Cooking Tips:** Sweet Potatoes can be steamed, baked, roasted, fried, mashed, spiralized, and even made into pies. They are deliciously versatile and add moisture to baked goods. Chef Jamie even juices sweet potatoes to make a refreshing beverage. He also suggests making a batter when preparing fries with them, so they won't get soggy. Another suggestion is to shave them and make sweet potato chips.

For More Information See: <https://www.farmerjonesfarm.com/blogs/news/reveling-in-the-sweet-nostalgia-of-potatoes>

**Health Benefits:** Sweet potatoes are starchy root vegetables that are rich in fiber, vitamins, minerals, and high in antioxidants that promote the growth of a good gut. They are rich in beta-carotene and anthocyanins and can be found in a variety of sizes and colors, orange, white, and purple.

**For More Information See:**

<https://www.healthline.com/nutrition/sweet-potato-benefits>