

METABOLIC NUTRITION PROGRAM

Butternut Squash Pancakes

Adapted from the Vegetarian Times

<http://www.vegetariantimes.com/recipe/butternut-squash-pancakes/>

Servings Per Recipe: 5

Serving Size: 4 pancakes

Per Serving: 130 Calories, 3 gm Protein, 22gm Carbohydrate

- 2 cups peeled and grated butternut squash (1 lb).
- 1 cup grated potato (about 1 medium)
- 1 Cup grated raw carrots
- 1 medium red onion, grated (½ cup)
- 2 tsp. salt
- 2 cloves garlic, minced
- 1 tsp. dried sage
- ¼ tsp. grated nutmeg
- 1 large egg, beaten
- 3 Tablespoons low protein baking mix
- Salt and ground black pepper
- Vegetable oil for frying

Directions

1. Place squash, potatoes and onion into a colander. Add 2 teaspoons salt, mix and let drain over sink, about 15 minutes. Press vegetables several times to extract water.
2. Transfer vegetables to a medium bowl. Add garlic, sage, nutmeg and egg and mix thoroughly. Add flour and season with salt and pepper and mix thoroughly.
3. Heat about 1/8-inch oil in heavy-bottomed large skillet. Using a heaping tablespoon, drop pancakes into oil; press down with a spatula to flatten and ensure even cooking. Cook 1 to 3 minutes on each side, until golden brown. Remove to platter and keep warm. Cook remaining batter adding more oil to pan when necessary.

Serving Suggestion: Serve with Low-Protein rice

Nutrition Facts	
Serving Size 4 pancakes (170g)	
Servings Per Container 5	
Amount Per Serving	
Calories 130	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 960mg	40%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 3g	
Vitamin A 220%	• Vitamin C 45%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	