

The Healthy Cook

*Got some zucchinis or sweet potatoes lying around?
Each of these side dishes comes together in just 20 minutes.
All you need is 5 or 6 ingredients and a handful of spices.*

Spiced Root Vegetable Cakes

 SERVES 4

No sweet potatoes? Try butternut squash or carrots. (This recipe also works well with a combination of all three.) You can substitute 1 tsp. chili powder or curry powder for the paprika and coriander.



- 2 eggs
- 4 cups grated sweet potato or yam
- 1 small red onion, thinly sliced
- ¼ cup whole wheat flour
- ¼ tsp. kosher salt
- ½ tsp. hot or smoked paprika
- ½ tsp. ground coriander or cumin
- 2 Tbs. + 2 Tbs. extra-virgin olive oil

1. Place a large rimmed baking pan in the oven and heat to 275°F.
2. In a large bowl, whisk the eggs. Stir in the sweet potato and onion.
3. In a small bowl, mix together the flour, salt, and spices. Stir into the sweet potato mixture. Mix well to evenly coat the vegetables.
4. In a large nonstick pan, heat 2 Tbs. of the oil over medium heat until shimmering. Form 6 pancakes by scooping ⅓ cup of the mixture per pancake into the pan. Cook until well browned, 3-5 minutes. Gently flip and cook until well browned on the other side, about 3-5 minutes more. Remove from the pan and keep warm in the oven.
5. Wipe out the pan. Repeat with the remaining 2 Tbs. of oil and the remaining sweet potato mixture to form 6 more pancakes.

PER SERVING (3 pancakes): calories 340 | total fat 16 g | sat fat 2.5 g | carbs 42 g | fiber 6 g
total sugar 8 g | added sugar 0 g | protein 7 g | sodium 250 mg

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Zucchini Scallion Pancakes

 SERVES 4

- 2 eggs
- 4 cups spiral-cut or grated zucchini
- 1 bunch scallions, minced
- ¼ cup whole wheat flour
- ¼ tsp. kosher salt
- freshly ground black pepper, to taste
- 2 Tbs. + 2 Tbs. extra-virgin olive oil



1. Place a large rimmed baking pan in the oven and heat to 275°F.
2. In a large bowl, whisk the eggs. Stir in the zucchini and scallions.
3. In a small bowl, mix together the flour, salt, and pepper. Stir into the zucchini mixture.
4. In a large nonstick pan, heat 2 Tbs. of the oil over medium heat until shimmering. Form 6 pancakes by scooping ⅓ cup of the mixture per pancake into the pan. Cook until golden brown, 2–3 minutes. Gently flip and cook until golden brown on the other side, about 2 minutes more. Remove from the pan and keep warm in the oven.
5. Wipe out the pan. Repeat with the remaining 2 Tbs. of oil and the remaining zucchini mixture to form 6 more pancakes.

PER SERVING (3 pancakes): calories 210 | total fat 16 g | sat fat 3 g | carbs 11 g | fiber 2 g
total sugar 3 g | added sugar 0 g | protein 6 g | sodium 170 mg