
Crispy Sweet Potato Green Onion Cakes

The Essential Southern Living Cookbook

Preparation Time: 1 hour

Start to Finish Time: 1 hour 5 minutes

4 medium (2-1/4 pounds) sweet potatoes

2 eggs, lightly beaten

1/2 cup flour

2 red jalapeno peppers, chopped

1 1/2 teaspoons Kosher salt

1/2 cup thinly sliced scallions, divided

1/4 cup canola oil

lime wedges (for serving)

sour cream (for serving)

Pierce a sweet potato several times with a fork. Place on a microwave-safe plate. Cover with damp paper towels. Microwave on HIGH for 8 to 10 minutes or until tender. Let stand for 5 minutes. Peel the potato and place in a medium bowl. Mash with a fork.

Peel the remaining sweet potatoes and grate, using the large holes of a box grater. Stir the grated potatoes into the mashed potato. Gently stir in the eggs, flour, jalapeno peppers, salt and 1/4 cup of the scallions, just until combined.

Pour oil into a twelve-inch cast-iron skillet. Heat over medium to 350 degrees. Carefully drop the potato mixture by tablespoonfuls, in batches, into the hot oil, pressing lightly to flatten. Cook for 5 to 6 minutes on each side or until golden brown. Drain on paper towels.

Place the drained sweet potato cakes on a wire rack set over a baking sheet lined with aluminum foil. Keep warm in a 200 degree oven up to 30 minutes. Sprinkle with the remaining 1/4 cup of scallions just before serving.

Serve with lime wedges and sour cream.

Yield: 6 to 8 servings

Side Dishes

Per Serving (excluding unknown items): 1403 Calories; 67g Fat (42.6% calories from fat); 28g Protein; 175g Carbohydrate; 17g Dietary Fiber; 424mg Cholesterol; 3029mg Sodium. Exchanges: 11 1/2 Grain(Starch); 1 1/2 Lean Meat; 11 1/2 Fat.