



today's main ingredient

A  LOCAL FOOD PODCAST



Squash Pancakes

INGREDIENTS – makes 6 to 8 small pancakes

1 egg
1 cup cooked mashed winter squash
1/2 cup flour
1 1/2 Tablespoons sugar
1/4 teaspoon salt
1/2 teaspoon baking powder
1/4 teaspoon each cinnamon & nutmeg
1 teaspoon melted butter
1 Tablespoon milk

STEP 1 – Beat egg and mix with squash. Sift together all dry ingredients and add to squash/egg mixture. Stir in butter and milk. Mix well.

STEP 2 – Ladle onto a heated griddle or fry pan. Cook on one side until bubbles appear, and then turn and cook the other side.

STEP 3 – Serve with maple syrup, honey, sour cream, or applesauce.