Vegan Potato-Vegetable Pancakes

Chia seeds were featured in a past Healthy Recipe of the Month - Butter Lettuce, Mint, and Chia Salad and the nutritional benefits were highlighted including their excellent omega-3 fatty acid, fiber and protein content. Did you know that chia seeds can also be used as an egg substitute in some recipes? Obviously chia seeds would not cut it as an egg replacement for quiches and omelets, but it can be used in recipes where egg is a binding and leavening agent such as muffins or pancakes.

The "formula" to use chia seed as an egg substitute is: 1 egg = 1 tablespoon of ground chia seeds + 3 tablespoons of water

The seeds do need to be ground. I used a cheap coffee bean grinder that I use exclusively for flax, chia and spices (not coffee!)

Let the mixture of seeds and water sit for about 15 minutes until it is gelatinous. Stir it before you add it to your recipe. If a recipe calls for 2 eggs - double the chia seed and water.

I also tried a blue cornmeal, zucchini, toasted walnut muffin and it worked great! Email me if you want that recipe, Jodi Charvoz: jcharvoz@email.arizona.edu

Ingredients (6 servings)
Canola oil cooking spray
4 medium Yukon Gold potatoes, peeled
1 large carrot, peeled
2 tablespoons unbleached, all purpose flour
2 tablespoons flat-leaf parsley, finely minced
2 tablespoons green onions, finely chopped
1 "Chia Egg" (1 T. ground chia seeds and 3 T. water)
1 ½ teaspoons canola oil
¼ teaspoon salt
¼ teaspoon fresh ground pepper
½ teaspoon crushed red pepper flakes

Preheat oven to 450°. Spray one or two baking sheets with cooking spray. Using a food processor or a hand grater, coarsely grate potatoes and carrots. Place grated vegetables in a large strainer and allow moisture to drain. Press on the vegetables to get as much moisture out as possible. Use paper towels to pat dry the mixture. Put potato/carrot mixture into a bowl. Stir in
flour, parsley, onions, chia "egg", oil, salt, pepper and pepper flakes and mix until well combined. Spoon or form with your hands small "pancakes" of the mixture about 3 inches in diameter and place on baking sheet. It's messy, but they will stay together! Bake the potato pancakes until golden brown and crispy, 8 minutes per side, turning once with a spatula. They are delicious! Serve with unsweetened applesauce. Try substituting sweet potatoes and other vegetables.

**Nutrient Analysis per serving:**
70 calories
10 grams carbohydrate
4 grams fiber
3 grams protein
2 grams fat
0 grams saturated fat
500 mg omega-3 fat
112 mg sodium