

Snapped Up: Sweet Potato Nuggets



Thanksgiving leftovers quickly disappear when made into these tasty nuggets and paired with a Ranch Dressing dip.

This recipe features leftover sweet potatoes, but you could also use mashed white potatoes, squash or even mashed up navy, black, or red beans.

In the picture I used leftover squash and a cup of garbanzo beans for a base mash. (A food processor quickly turned it into a mash.)



This is a very forgiving recipe. All you need is something mashy, spices, then flour, flax (egg), and panko (bread crumbs).

Yes, your fingers will get very sticky as you create these, but they are worth it. The flax (egg) and Panko bakes to a perfect, crunchy bite. Flax is also filled with Omega 3 and fiber.

INGREDIENTS

NUGGETS

- Leftover (cooked) **Mashed Sweet potatoes** (or use mashed white potatoes, squash or even mashed garbanzo or white beans.)
- Add other minced vegetable leftovers to the mix such as **minced carrots, onions, celery, peas, corn...** keep the pieces corn kernel size or smaller to keep nuggets from falling apart.
- Get creative. Add a mixture of spicy flavors such as **cumin, cilantro, garlic powder, onion powder, (heat, i.e. hot sauce or red pepper flakes...) salt and pepper.** The amounts will differ depending on how much mash you have. Start with ¼ teaspoon of each herb and taste. Keep adding until you have a good spicy mixture.
- White flour to dust nuggets
- 2-3 tablespoons **Ground Flax Seed** with 2 Tablespoons of **Water** for every 1 tablespoon of ground Flax Seeds.
- 1 cup of **Panko flakes** (or ground up dried bread)

RANCH DIP

- ¾ cup **mayonnaise**
- 1 Tablespoon **lemon juice**
- 1 teaspoon **apple cider vinegar**
- ½ teaspoon **garlic powder** or 1 crushed fresh clove
- 1 teaspoon **dried dill**
- **Salt and Pepper** to taste

DIRECTIONS:

1. Preheat oven to 420F degrees.
2. Mix 2 tablespoons of ground flax seed with 4 tablespoons of water. Let it soak for 5 minutes to gel (flax "egg") Make more as you need it.
3. Mix cooked and mashed sweet potato with your choice of veggies and spices. Or you can go with just salt and pepper and let the Ranch Dip carry the flavor. If the mixture is too wet, add a tablespoon or two of ground flax seed to it, let it set for three minutes. The flax seed will firm up the mixture.
4. Drop a tablespoon of mixture into flour to dust. Flatten it out and flip to coat the other side. Flouring makes it easier to work with and gives the flax gel something to stick to.
5. Lift it out of the flour and into the flax "egg" to coat.
6. Place it into Panko to and coat both sides before setting on a parchment lined cookie sheet.
7. Bake at 420F for 30-40 minutes until golden.
8. While it's baking, mix all Ranch Dip ingredients together.

Serve hot with Dip. Because of the flax gel coating, the mixture will retain it's crunchy outside even as it cools.

Good for one. Great for many.

One patty of Sweet Potato Nuggets

(But who can eat only one?)

General			
Energy	154.8	kcal	<div><div></div></div> 12%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	12.6	g	0%

Carbohydrates			
Carbs	10.9	g	<div><div></div></div> 8%
Fiber	1.5	g	<div><div></div></div> 7%
Starch	3.1	g	No Target
Sugars	1.8	g	No Target
Sugar Alcohol	0.0	g	No Target
Net Carbs	9.3	g	<div><div></div></div> 7%

Lipids			
Fat	12.1	g	<div><div></div></div> 19%
Monounsaturated	0.2	g	No Target
Polyunsaturated	0.7	g	No Target
Omega-3	0.5	g	<div><div></div></div> 27%
Omega-6	0.2	g	<div><div></div></div> 2%
Saturated	0.9	g	n/a
Trans-Fats	0.0	g	n/a
Cholesterol	0.0	mg	No Target
Phytosterol	0.0	mg	No Target

Protein			
Protein	2.0	g	<div><div></div></div> 4%
Cystine	0.0	g	<div><div></div></div> 3%
Histidine	0.0	g	<div><div></div></div> 3%
Isoleucine	0.1	g	<div><div></div></div> 4%
Leucine	0.1	g	<div><div></div></div> 3%
Lysine	0.1	g	<div><div></div></div> 2%
Methionine	0.0	g	<div><div></div></div> 3%
Phenylalanine	0.1	g	<div><div></div></div> 5%
Threonine	0.0	g	<div><div></div></div> 3%
Tryptophan	0.0	g	<div><div></div></div> 5%
Tyrosine	0.0	g	<div><div></div></div> 3%
Valine	0.1	g	<div><div></div></div> 4%

Vitamins			
B1 (Thiamine)	0.1	mg	<div><div></div></div> 6%
B2 (Riboflavin)	0.0	mg	<div><div></div></div> 2%
B3 (Niacin)	0.4	mg	<div><div></div></div> 3%
B5 (Pantothenic Acid)	0.2	mg	<div><div></div></div> 4%
B6 (Pyridoxine)	0.1	mg	<div><div></div></div> 5%
B12 (Cobalamin)	0.0	µg	0%
Biotin	0.0	µg	0%
Folate	3.5	µg	<div><div></div></div> 1%
Vitamin A	3149.3	IU	135%
Vitamin C	3.7	mg	<div><div></div></div> 5%
Vitamin D	0.0	IU	0%
Vitamin E	0.2	mg	<div><div></div></div> 1%
Beta Tocopherol	0.0	mg	No Target
Delta Tocopherol	0.0	mg	No Target
Gamma Tocopherol	0.5	mg	No Target
Vitamin K	19.6	µg	<div><div></div></div> 22%

Minerals			
Calcium	30.8	mg	<div><div></div></div> 4%
Copper	0.1	mg	<div><div></div></div> 7%
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	0.8	mg	<div><div></div></div> 10%
Magnesium	18.7	mg	<div><div></div></div> 6%
Manganese	0.2	mg	<div><div></div></div> 11%
Molybdenum	0.0	µg	0%
Phosphorus	32.0	mg	<div><div></div></div> 5%
Potassium	131.6	mg	<div><div></div></div> 3%
Selenium	1.6	µg	<div><div></div></div> 3%
Sodium	104.6	mg	<div><div></div></div> 8%
Zinc	0.2	mg	<div><div></div></div> 3%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity.

Percentages are based on what a 150 pound person needs daily.