



Lower-Fat Latkes

Recipe from Steven Raichlen, author of *Healthy Jewish Cooking*, accessed at www.foodfit.com

Makes 8 servings, 6 or 7 latkes per serving

3 pounds Yukon Gold potatoes
1 medium onion
1/3 cup white flour or matzah meal
½ teaspoon baking powder
1 cup egg substitute or 2 eggs plus 4 whites
3 teaspoons dried parsley or 3 Tbsp. fresh parsley, chopped
Salt, pepper
2 Tbsp. olive oil

- Put 2 baking sheets in oven. Preheat oven to 450°.
- Peel potatoes and onions. Coarsely grate in food processor or box grater.
- Tightly squeeze handfuls of vegetables with your fingers to wring out as much liquid as possible.
- Put grated vegetables in a mixing bowl. Stir in flour, egg substitute, parsley, salt and pepper.
- Put 1 Tbsp. oil on each baking sheet and spread with wooden spoon or heatproof brush.
- Spoon small mounds of potato mixture onto baking sheet.
- Bake till golden brown, 6-10 minutes per side, turning once.
- At end of baking time, put under broiler for a minute if you want them to be more browned. Watch carefully!

Serve right away with low-fat sour cream or applesauce.

Nutritional Information:

Calories: 192 Total Fat: 4g
Fiber: 4g Saturated Fat: 1g
Protein: 9g