



## Lower-Fat Latkes

Recipe from Steven Raichlen, author of *Healthy Jewish Cooking*, accessed at [www.foodfit.com](http://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