

Yam & Carrot Latkes

This latke recipe uses very little oil, as it relies on the non-stick surface of the griddle to release the latke from the cooking surface. The orange color makes a beautiful presentation and is full of Vitamin A, antioxidants and beta-carotene.

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| 3 | eggs | 2 | medium | carrots, peeled and shredded | |
| 1 | tsp | salt | ½ | large | red onion, diced |
| ½ | tsp | black pepper | ¼ | cup | chopped cilantro |
| 1 | tsp | baking powder | 2 | Tbs | canola oil |
| ½ | cup | flour | ¼ | cup | Thai peanut sauce or sour cream |
| 4 | cups | yams, peeled and shredded (2 medium) | | | |

- 1 In a large bowl, whisk eggs, add baking powder, salt, pepper until combined and mixture is smooth. Add flour but do not stir. Set aside
- 2 Dice onion and add to bowl. Peel and shred carrots and yams and add to bowl. Rough chop cilantro and add to bowl. Once all ingredients are in the bowl, mix ingredients just until combined.
- 3 Heat non-stick griddle or skillet to medium high heat. Spray or brush canola oil onto non-stick surface. Make 3-inch latke patty with hands and place on griddle. Repeat until you have filled the griddle with latkes. Cook for about 5 minutes each side or until latke begins to brown. Flip over and press down to cook other side for another 5 minutes. Remove latkes to baking sheet. For best results, serve immediately. Latkes can be made ahead and reheated in a 300° oven until warm.
- 4 Serve latkes with a Thai peanut sauce (jarred or home made) or sour cream if you prefer. Makes 25-30 3-inch latkes.

Servings: 25

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Total Time: 30 minutes

Oven Temperature: 300°F

Nutrition Facts

Nutrition (per serving): 69 calories, 22 calories from fat, 2.6g total fat, 25.4mg cholesterol, 134.3mg sodium, 237.2mg potassium, 9.8g carbohydrates, 1.4g fiber, <1g sugar, 1.9g protein.

Source

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