



Baked Latkes

Servings 4 | Prep time 20 mins. | Total time 50 mins.

Equipment: Baking sheet, Aluminum foil, Colander, 2 small bowls, Paper towel

Utensils: Tongs, Measuring cups and spoons

Ingredients

Non-stick spray

1 pound potatoes, peeled and grated

1 small onion, finely chopped

1 large egg

1/2 teaspoon salt

1/8 teaspoon black pepper

1/4 teaspoon garlic powder

1 tablespoon all-purpose flour

1/4 cup plain Greek low-fat yogurt OR 1/4 cup unsweetened applesauce

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Preheat the oven to 450 degrees. Line a rimmed baking sheet with aluminum foil and spray with non-stick spray.
3. Place the grated potatoes and the chopped onion in a colander over a bowl and press firmly with your hands, repeatedly, to remove as much liquid as possible.
4. Dump out drained liquid, wipe bowl with a paper towel, and transfer the potato/onion mixture to the bowl.
5. In another small bowl, add egg with salt, pepper, and garlic powder. Beat until combined.
6. Add the egg mixture to the potato mixture and stir, then add the flour and stir to combine.
7. Place twelve evenly sized spoonfuls of the mixture onto the prepared baking sheet, forming very thin pancakes by pressing the mixture with your hands to flatten into patties, while keeping their shape.
8. Generously spray the latkes with non-stick spray.
9. Bake the latkes for 15 minutes, until crisp and deep golden brown on the bottom. Remove sheet from oven, flip the latkes to the other side, spray again with non-stick spray, and bake 10-15 more minutes, until crisp and deep golden brown on the second side.
10. Serve immediately, with a dollop of plain Greek yogurt or applesauce.

Nutritional Information:

Calories 140

Total Fat 2g

Sodium 590mg

Total Carbs 26g

Protein 5g