



Elliott Evans Nutrition, LLC
Prevent and Protect
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POTATO LATKES

Recipes to Remember: Heart Healthy Can Be Delicious

Makes 24 latkes

Ingredients

4 medium potatoes, peeled and coarsely shredded
2 egg whites, beaten
1 medium onion
4 green onions, chopped (about 1/2 cup)
Salt and ground pepper to taste
1 tsp olive oil
Nonstick cooking spray

Directions

In large bowl, mix potato with onion. Wrap mixture in paper towels and squeeze out all liquid over large measuring cup. Potato starch will settle to bottom of measuring cup. Slowly pour off and discard liquid in measuring cup, reserving potato starch.

In large bowl, combine potato mixture, egg whites, onions, salt and pepper to taste, and reserved potato starch. Coat nonstick 12-inch skillet with olive oil and cooking spray and heat skillet over medium-high heat.

With hands, press together about 2 tablespoons of potato mixture; place in skillet and flatten with wide metal spatula. Repeat with remaining potato mixture. Cook latkes about 8 minutes, turning once, until browned on both sides. Cover loosely with foil to keep warm.

Nutrition Facts per serving (2 latkes): *Calories: 76; Total fat: 0 g; Cholesterol: 0 mg; Carbohydrate: 16 g; Dietary fiber: 2 g*