

Latkes

These Hanukkah favorites are traditionally fried in oil to celebrate the oil of the eight nights of lights (like a menorah – the special Hanukkah candle holder – does). Our potato pancakes are oven-baked, which makes them easier, crunchier, and healthier – but there’s still a little symbolic oil in there!

Makes: 12 servings

Prep Time: 30 minutes
Cook Time: 30 minutes

Source: ChopChopFamily.org/recipes

Ingredients

- 2 tablespoons olive oil
- 3 tablespoons all-purpose white or whole-wheat flour
- 1 teaspoon baking powder
- ¾ teaspoon salt
- 2 large russet potatoes or 1 pound Yukon Gold potatoes
- 1 small onion, peeled
- 1 large egg
- applesauce and plain yogurt for serving

Directions

1. Turn the oven on to bake and set it to 425 degrees. Lightly oil the baking sheet (or sheets) by spreading the oil around with your clean hand or a paper towel.
2. Put the flour, baking powder, and salt in the small bowl and mix well.
3. Use the large holes on your grater to grate the potato, then grate the onion too.
4. Put the potato and onion mixture in the colander inside the sink. Using a paper towel, press the potato mixture down to squeeze out and blot up some of the extra moisture. Stir the mixture and blot again.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 Latke

Nutrients	Amount
Calories:	152
Total Fat:	6.7 g
Saturated Fat:	1 g
Cholesterol:	31 mg
Sodium:	43 mg
Total Carbohydrates:	26 g
Dietary Fiber:	1 g
Total Sugars:	.5 g
Added Sugars:	0 g
Protein	4 g

Utensils Needed

- 1 Large Baking Sheet
- Measuring Spoons
- or 2 smaller ones
- Paper Towels
- Small Bowls
- Large Bowl
- Box Grater
- Mixing Spoon
- Colander
- Spatula
- Pot Holder

SHOPPING LIST

Directions Continued

- Put the potato mixture in the large bowl, add the egg, and stir well. Add the flour mixture and stir it very well.
- Use a spoon or your clean fingers to pluck a clump of the potato mixture from the bowl and spread it into a round, flat nest on the oiled baking sheet: it should make a circle that's about 3 inches wide and 1/4 inch thick. Repeat to fill the sheet. (You don't need to leave space between them.)
- Once the oven temperature has reached 425 degrees, bake until the bottoms are deeply golden, 15 to 20 minutes, then turn the pancakes over and bake for 10 more minutes. Serve the latkes with applesauce and yogurt.

Average total cost without oil and seasonings: \$9.33

Average cost/serving: \$0.78

Recipe makes: 12 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 6 to Cart
Apples, 6 Medium



Add 1 to Cart
Eggs, 1 Dozen



Add 1 to Cart
Flour



Add 2 to Cart
Russet Potatoes, Large

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- Don't make your latkes large. Aim to make each one fairly small.
- Consider using sweet potatoes to give your traditional latke a twist. The benefit is a boost in Vitamin A.

Similar Recipes

- Southwest Potatoes
- Tuscan Potato Skillet
- Sweet Potato Apple Bake

