RECIPE

Red Lentil Latkes

Flavorful and tasty, this dish makes a great weeknight meal. Enjoy it along with a side salad.

Makes: 4 servings

Prep Time: 20 minutes Cook Time: 45 minutes

Source:

https://www.myplate.gov/recipes/supplement al-nutrition-assistance-program-snap/redlentil-latkes

Ingredients

- 1/2 cup dry red lentils
- 1 potato, medium grated (about 1/2 pound, peeling is optional)
- 1 large egg
- 1 garlic clove, finely sliced
- Parmesan cheese, grated or other cheese (2 tablespoons, optional)
- Hot sauce (1 or 2 dashes, optional)
- 1/4 teaspoon salt
- Black pepper (to taste, optional)
- 2 tablespoons canola oil (or olive oil, for cooking)



Small Changes, BIG Difference!





Utensils Needed

- Medium saucepan
- Medium bowl
- Fork
- Cutting board
- Sharp knife

- Large skillet
- Measuring spoons
- Spatula
- Grater

Directions

- 1. Wash hands with soap and water.
- 2. Add the lentils to a medium saucepan and add water to cover by about an inch. Bring to a boil, then lower heat to a simmer and cook until tender, about 15 minutes. Drain and set aside.
- 3. Meanwhile, remove the excess water from the potato: you can either squeeze it by the handful, or put the entire pile on a clean tea towel and wring it out.
- 4. Crack the egg in a medium bowl and beat it lightly. Add the potato, cooked lentils, garlic, green onion, and cheese and hot sauce if you're using them in a medium bowl. Add the salt and a good grinding of black pepper and stir until combined.
- 5. Heat a large skillet over medium heat, then add a generous drizzle of oil (1-2 tablespoons). Working in batches, so as not to crowd the pan, add clumps of the potato-lentil mixture (about the size of a golf ball or slightly larger works well), and flatten each as soon as it's in the pan, making them about a half inch thick.
- 6. Cook for about 4 to 5 minutes per side, until the latkes are deeply golden brown and cooked through. Add a little more oil to the pan for each additional batch. Serve immediately or keep the latkes warm in a 200 °F oven for up to an hour.



SHOPPING LIST

Average total cost without oil and seasonings: \$12.13

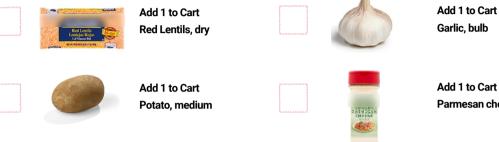
Add 1 to Cart Eggs, 1 dozen

Average cost/serving: \$3.03

Makes: 4 Servings

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

Ingredients



Add 1 to Cart Parmesan cheese

SAVE TIME, SAVE MONEY

Chef's Notes

- · Traditionally, latkes are pancakes made from potatoes, but these latkes also include lentils, cheese, and hot sauce.
- · With the leftover eggs and/or lentils, consider making one of the recipes below.

Similar Recipes

- Baked Lentil Casserole
- Lentil Minestrone •
- Boiled Eggs
- Heavenly Deviled Eggs

Nutrition Information

Serving Size: 1/4 of recipe	
Nutrients	Amount
Calories:	198
Total Fat:	<u>8g</u>
Saturated Fat:	<u>1g</u>
Cholesterol:	<u>47mg</u>
Sodium:	<u>22mg</u>
Total Carbohydrates:	<u>23g</u>
Dietary Fiber:	<u>7g</u>
Total Sugars:	<u>2g</u>
Added Sugars:	<u>0g</u>
Protein	<u>9g</u>



My Cooking Notes