

# 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/supplemental-nutrition-assistance-program-snap/red-lentil-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)

## 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.



Small Changes,  
BIG Difference!



## Utensils Needed

- Medium saucepan
- Medium bowl
- Fork
- Cutting board
- Sharp knife
- Large skillet
- Measuring spoons
- Spatula
- Grater

# SHOPPING LIST

Average total cost without oil and seasonings: \$12.13

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  
Red Lentils, dry



Add 1 to Cart  
Garlic, bulb



Add 1 to Cart  
Potato, medium



Add 1 to Cart  
Parmesan cheese



Add 1 to Cart  
Eggs, 1 dozen

## 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:	8g
Saturated Fat:	1g
Cholesterol:	47mg
Sodium:	22mg
Total Carbohydrates:	23g
Dietary Fiber:	7g
Total Sugars:	2g
Added Sugars:	0g
Protein	9g

### My Cooking Notes