

Oven-Baked Potato Pancakes

From USDA

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/oven-baked-potato-pancakes>

Ingredients

- 2 tablespoons olive oil
- 3 tablespoons whole wheat flour (or all-purpose flour)
- 1 teaspoon baking powder
- 3/4 teaspoon salt
- 2 russet potatoes, large (or 1 pound Yukon Gold potatoes)
- 1 onion, small peeled
- 1 egg, large
- applesauce and yogurt (plain low-fat or Greek) (optional)

Instructions

1. Turn the oven on to bake and set it to 425°F. 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 a 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 it and blot again.
5. Put the potato mixture in the large bowl, add the egg, and stir well. Add the flour mixture and stir it very well.
6. 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).
7. 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 (optional).

Makes 12 servings

Nutrition information per serving

Calories: 80	Dietary Fiber: 1 g
Total Fat: 2.5 g	Sodium: 190 mg
Saturated Fat: 0 g	Protein: 2 g
Cholesterol:	Carbohydrates: 13 g

