

Potato and Parsnip Latkes

From the Public Health Seattle and King county

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/Latkes.aspx>

Ingredients

- 2 1/2 cups peeled and shredded baking potato
- 1 1/4 cup shredded parsnip
- 1 1/4 cup peeled and shredded sweet potato
- 1 teaspoon salt
- 1/4 cup all-purpose flour
- 1 1/4 cups onion, chopped
- 1/2 teaspoon fresh ground black pepper
- 2 large egg whites
- Nonfat cooking spray
- Nonfat sour cream
- 1/4 cup chopped green onion

Instructions

1. Place a colander in the sink and line with paper towels. Add the shredded baking potato, parsnip, sweet potato and sprinkle with the 1 teaspoon salt. Let stand for about 15-20 minutes.
2. Gather the ends of the paper towels together and squeeze the potato mixture to remove excess liquid then transfer mixture to a large bowl.
3. Add flour, onion and pepper and toss well.
4. Add egg whites and mix well.
5. Spray a large skillet with nonfat cooking spray then heat to medium-high heat.
6. Spoon 1/3 cup of the batter into the skillet and cook 4-5 minutes on each side or until browned. Repeat with rest of mixture.
7. Serve latkes with a dollop of nonfat sour cream sprinkled with chopped green onion.

Makes 5 servings

Nutrition information per serving

Calories: 193	Calories from fat: 7
Total Fat: 1 g	Sodium: 516 mg
Saturated Fat: 0 g	Protein: 6 g
Cholesterol: 2 g	Carbohydrates: 39 g
Dietary Fiber: 5 g	Sugars 1 g