

# **Red Lentil Latkes**

From USDA

<http://www.whatscooking.fns.usda.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
- 2 tablespoons Parmesan cheese, grated or other cheese (optional)
- 1 dash hot sauce (1-2 dashes, optional)
- 1/4 teaspoon salt
- black pepper (to taste, optional)
- 2 tablespoons canola oil (or olive oil, for cooking)

## **Instructions**

1. 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.
2. 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.
3. 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.
4. 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.
5. Cook for about 4-5 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.

**Makes 4 servings**

## **Nutrition information per serving**

Calories:	Dietary Fiber: 6 g
Total Sugars: 2 g	Sodium:
Saturated Fat:	Protein: 9 g
Cholesterol: 45 mg	Carbohydrates: 21 g

