



## Low-Fat Latkes

### *Ingredients:*

3 pounds Yukon gold potatoes  
1 medium onion  
1/3 cup matzah meal, or unbleached white flour  
1/2 teaspoon baking powder  
1 cup egg substitute, or 2 eggs plus 4 whites  
3 tablespoons chopped parsley  
kosher salt  
freshly ground black pepper  
olive oil spray (or 2 tablespoons olive oil)

### *Instructions:*

Place a couple of non-stick baking sheets in the oven and preheat to 450°F.

Peel the potatoes and onion and coarsely grate in a food processor on a box grater. Grab handfuls of the grated vegetables and squeeze tightly between your fingers to squeeze out as much liquid as you can.

Put the grated vegetables to a mixing bowl and stir in the matzah meal, baking powder, egg substitute, parsley, and salt and pepper.

Spray the hot baking sheets with olive oil spray or drizzle olive oil on it and spread with a wooden spoon. Spoon small mounds of potato mixture onto the baking sheet to form 2-1/2 inch pancakes, being sure to leave 1 inch between each. Bake the latkes in the oven until golden brown, 6 to 8 minutes per side, turning once with a spatula. (When you turn the latkes, try to flip them onto spots on the baking sheet that still have oil.)

Transfer to plates or a platter and serve immediately with a dollop of fat-free sour cream and/or applesauce.

### *Nutritional Information:* (Makes 8 servings)

192 Calories  
4 grams fat (1 gram saturated fat)  
35 grams carbohydrates  
9 grams protein  
4 grams fiber  
82 mg sodium