

Sweet Potato Latkes

This recipe is easily made in a waffle iron, but you could also cook these in a nonstick skillet or on an electric griddle. These latkes are easily made gluten free by swapping the all purpose flour for a gluten-free flour blend.

<u>U.S.</u>		<u>Metric</u>
3 cups	Sweet Potatoes, grated	450g
2 each	Eggs, large	2 each
3 Tbsp	All-Purpose Flour	27g
2 stalks	Green Onions, sliced	2 stalks
2 Tbsp	Parmesan Cheese, grated	12g
3 Tbsp	Parsley, fresh, chopped	12g
1/2 tsp	Kosher Salt	3g
As needed	Cooking Spray	As needed

Preparation:

1. Gather all ingredients and equipment. Preheat the waffle iron.
2. Using a mesh sifter or strainer, press the grated sweet potato, so that it releases the liquid. Once strained, place in a medium mixing bowl. Discard liquid.
3. Using your hands or a fork, loosely separate the dry, grated sweet potato. Add the remaining ingredients, except the cooking spray, to the bowl with the sweet potato and mix thoroughly.
4. Once the waffle iron is heated, spray both the top and bottom heated surfaces with the cooking spray.
5. Add 1/3 cup mixture to each square (4 total), spreading the mixture evenly. Close the waffle iron for 2 minutes, and then open to release the steam. Close again and allow to cook until each latke is fully formed and golden brown, 5-7 minutes.
6. Remove latke from the waffle iron and place on a dry surface. Repeat step 5 with the rest of the mixture.
7. **Alternative cooking method:** Preheat a large nonstick pan over medium-high heat, or heat an electric griddle to 375 degrees. Once heated, spray with cooking spray. Use a 1/3-cup measuring cup to scoop the batter and drop onto the giddle. Use a spatula to flatten the latke into a 3 inch diameter circle. Leave at least 1 inch of spake in between latkes, cooking in batches if necessary. Cook until golden brown on one side (about 4-5 minutes), then flip and cook on the other side until brown (about 3-4 minutes). Use more cooking spray as needed.

Nutrition Facts

4 Servings

Serving size **2 latkes**

Amount per serving

Calories **160**

Calories from Fat 30

Total Fat 3.5 g

 Saturated Fat 1.5 g

 Trans Fat 0 g

 Monounsaturated Fat 1 g

Cholesterol 95 mg

Sodium 390 mg

Total Carbohydrate 26 g

 Dietary Fiber 3 g

 Total Sugars 4 g

 Includes 0g Added Sugars

Protein 6 g

Vitamin D 0 %

Calcium 8 %

Iron 8 %

Potassium 411 mg

Phosphorus 126 mg
