

Sylvia's Latkes

(Makes 12 Latkes)

Sylvia's potato pancakes are mouth-wateringly light, thin, and crispy. Sylvia serves them as a side dish with applesauce and sour cream.

Ingredients:

- 2 eggs
- 1 small onion, finely grated
- 4 tablespoons flour
- 1 ½ teaspoons salt
- Large pinch white pepper
- 5 medium baking potatoes (about 2 pounds), peeled
- Canola oil, for frying (we've accounted for ¼ cup)
- ¾ cup unsweetened applesauce, for accompaniment
- ¾ cup low-fat sour cream, for accompaniment

Directions:

- 1) In a large mixing bowl beat eggs. Stir in onion, flour, salt and pepper; set aside.
- 2) Coarsely grate potatoes into a colander. Drain, squeezing out excess liquid. Add potatoes to reserved egg mixture and stir to combine.
- 3) Preheat large frying pan over medium-high heat until hot. Pour in oil to a depth of ¼ inch.
- 4) When oil is hot add ¼ cup of the drained potato mixture; flatten it lightly with a spatula to a thickness of 1/3 inch. Repeat with remaining mixture, adding as many pancakes as will fit in 1 layer without crowding and adding oil as needed.
- 5) Fry until pancakes are browned and crisp around edges (about 2 minutes per side). Remove and place in a single layer on a plate covered with a paper towel and then place another paper towel on top to soak up excess oil.
- 6) Serve hot with applesauce and low-fat sour cream.

Nutritional Analysis: (per serving / 1 pancake, 2 tablespoons low-fat sour cream, 2 tablespoons applesauce)

- Calories: 142 (39% of calories from fat)
- Total Fat: 6.7 g
- Protein: 4 g
- Carbohydrates: 19 g
- Fiber: 2 g
- Sodium 302 mg

Dieticians Note:

It is difficult to estimate fat content exactly, but we've figured generously.

Source:

Original recipe by Sylvia Kay

Recipe developed and copyrighted by Kristine Napier, MPH, RD, LD

Reprinted with permission from Nutrio.com.