

Haspel “Sort-of Healthy” Latke Recipe

(emphasis on sort-of healthy)

INGREDIENTS

- 1 POUND CAULIFLOWER (APPROXIMATELY 1 HEAD)
- 1 POUND POTATOES (APPROXIMATELY THREE MEDIUM RUSSET POTATOES)
- 1 ONION
- 2 EGGS
- 1/2 CUP FLOUR
- 1 TEASPOON SALT
- 1 TEASPOON PEPPER
- 1/2 CUP OLIVE OIL

DIRECTIONS

- WASH HEAD OF CAULIFLOWER AND PULSE IN FOOD PROCESSOR (OR CUT BY HAND) UNTIL PEA SIZE
- FINELY CHOP ONION
- PEEL POTATOES AND GRATE USING A FOOD PROCESSOR OR A BOX GRATER, TRY TO SQUEEZE EXCESS MOISTURE OUT BY PLACING GRATED POTATOES IN A CLOTH OR PRESS BETWEEN SOME PAPER TOWELS
- LIGHTLY BEAT 2 EGGS
- IN A LARGE BOWL, MIX THE CAULIFLOWER, POTATOES, ONION, EGGS, FLOUR, SALT AND PEPPER.
- HEAT OLIVE OIL IN A FRYING PAN AND FRY LATKES 3-5 MINUTES OR UNTIL FULLY COOKED. *ALTERNATE METHOD, SPRAY A LARGE COOKIE SHEET OR FOIL WITH OLIVE OIL AND BAKE AT 400°F APPROXIMATELY 5 MINUTES EACH SIDE*

SERVE HOT WITH APPLESAUCE.