

# Carrot Latkes

A take on a classic Hanukkah dish so delicious you will want to eat them all year! Try switching it up with different root vegetables like turnips, sweet potato, or beets.

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>30 MIN</b>	<b>TOTAL TIME</b> <b>50 MIN</b>
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## INGREDIENTS

2 Tbsp	Canola or Olive Oil, <u>divided</u>
4 each	Carrots, large, peeled (about 3 cups)
3 each	Green Onions, finely chopped
2 each	Large Eggs
4 Tbsp	Whole Wheat Flour
½ tsp	Kosher Salt
¼ tsp	Black Pepper
¾ cup	Plain Greek Yogurt

## CHEF'S NOTES

The more liquid you remove from the carrots the crispier the latke will turn out.

Carrots are a lower carb alternative to the traditional potato used in latkes, making these a diabetes friendly snack option. Carrots are a good source of many micronutrients such as Vitamin A, Potassium, and Vitamin B6.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 400° F. Line a baking sheet with parchment paper and brush with 1 Tbsp canola oil.
2. Grate the carrots on a box grater on the side with the large holes. Line a bowl with cheesecloth or a tea towel and place the grated carrot inside. Wrap up the cloth and twist it at the top. Twist and squeeze the wrapped carrot over the bowl until all the liquid is released.
3. Transfer the carrots to a large mixing bowl. Add the green onions, eggs, flour, salt, and pepper. Using a rubber spatula, mix until well combined.
4. Using a spoon or your hands, scoop about 2.5 Tbsp of the latke mixture and form into flat 3-inch patties, about ½ inch thick. Place patties on the oiled baking sheet, brushing the tops of each with the remaining 1 Tbsp canola oil.
5. Bake for about 20 minutes or until the tops are lightly brown.
6. Serve hot from the oven with 1 tsp plain Greek yogurt on each latke.

# Nutrition Facts

6 servings per container

**Serving Size** 2 each (109 g)

Amount per serving

**Calories** 120

% Daily Value \*

**Total Fat 6g** 8%

Saturated Fat 1g 4%

*Trans* Fat 0g

**Cholesterol 65mg** 21%

**Sodium 230mg** 10%

**Total Carbohydrate 10g** 4%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein 6g** 12%

Vitamin D 0.34mcg 0%

Calcium 60mg 5%

Iron 0.51mg 3%

Potassium 200mg 5%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

