



Potato Zucchini Latkes

Ingredients:

- 2 large potatoes
- 4 medium zucchini
- 1/2 cup whole wheat flour
- 1 yellow onion
- 2 eggs
- 1 tsp baking powder
- 2 tsp salt
- 1/2 tsp black pepper
- Oil for frying (olive oil is a good option)

Directions:

1. Grate potatoes and onion; Using a dishtowel or paper towel, squeeze out as much liquid as possible
2. Transfer mixture to a large bowl; Add flour, egg, salt, pepper, and baking powder; Mix until well combined
3. Grate zucchini; Add a pinch of salt and let sit for 10 minutes; Squeeze out excess liquid; Add to potato mixture
4. Heat oil in a pan over medium-high heat; Add a heaping tablespoon of batter; Cook in batches
5. Using a spatula, flatten into disc shapes; flip after 5 minutes when latkes are brown and crispy; Cook the other side for another 5 minutes until deep brown; Transfer to a paper towel lined plate to drain; Enjoy!

Cookware needed:

- Frying pan
- Food processor or grater
- Dish towel or paper towel
- Spatula
- Large bowl
- Large plate

Cost: \$

Ease:

Health Benefit: These latkes have a boost of nutrients from zucchini which adds vitamin A for healthy vision and vitamin C for immune health. Zucchini is low in carbohydrates and calories but adds fiber and volume to keep us fuller for longer. Potatoes are another good source of fiber as well as antioxidants to support bowel function and overall health.