



Beet Latkes

Ingredients

- 4 Yukon gold potatoes
- 2 beets
- 1 yellow onion
- 2 eggs, beaten
- 3 TBSP flour
- Salt and pepper
- 1/4 cup avocado oil

Directions:

1. Peel potatoes and beets; Grate potatoes, onion, and beets using a food processor or grater; Use paper towels to squeeze the liquid out if the mixture is too wet
2. Transfer mixture to a large bowl; Add eggs, flour, salt, and pepper; Mix to combine
3. Heat avocado oil in a large frying pan; Use hands to form mixture into patties; Carefully drop into pan, in batches of 3-4
4. Fry until crust is golden brown; Flip and fry until golden brown on other side, about 2-3 min per side.
5. Transfer latkes to a plate lined with paper towels; Allow to cool

Equipment

Grater or food processor
Large bowl
Frying pan
Baking sheet

Cost: \$ \$

Ease: 

Health Benefit: Beets contain plant pigments called betalains, antioxidants that support eye, brain, and blood health. Potatoes and onions contain fiber that promote bowel health.

Fare  Meals
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