

# LATKES



## INGREDIENTS:

- 1 large sweet potato (~ 12 oz)
- 2 scallion stalks (white portion)
- 1/4 small jalapeño
- 1 tsp salt
- 1/2 tsp paprika
- 1/4 tsp black pepper
- 2 tbsp chickpea flour
- 1 egg
- 1 tbsp avocado oil or other high smoke point oil

## TOPPING:

- 6 tbsp low fat sour cream
- 1 tsp lime
- dill or chives

## DIRECTIONS:

1. Wash and peel sweet potato
2. Use a large grater to coarsely grate potato
3. Use paper towels or a cheese cloth to squeeze as much liquid from the potato as possible
4. Chop scallions and jalapeño pepper into small pieces
5. Place grated potato in a large bowl and add scallions, jalapeño, salt, paprika, black pepper, and flour. Mix well
6. In a small bowl lightly beat the egg and then add it to the potato mixture
7. Form 6 balls, ~ 2 oz each
8. Turn a pan on medium heat and add oil, once hot add the individual latkes and using a fork press them to ~ 1/2 inch thickness
9. Cook for 3 minutes on each side
10. Mix lime and sour cream, top each one with sour cream and dill or chives

Enjoy!

Makes 6 Latkes | Serving Size 1 Latkes

Calories: 110 | Protein: 3 g | Carb: 13 g | Fat: 5 g | Fiber: 2 g