



Holiday Recipes From The AICR Test Kitchen



Low-Fat Latkes (Potato Pancakes)

Ingredients:

3 pounds russet potatoes (about 6 large)	1 tsp. salt
1 large yellow onion	Freshly ground black pepper, to taste
6 egg whites	Canola oil spray
1/4 cup all-purpose or potato flour	Low-fat sour cream or applesauce for garnish (optional)



Instructions:

Place two non-stick baking sheets in the oven and turn on heat to 450 degrees.

Peel potatoes and onion. Coarsely grate potatoes and onion separately, using either a hand grater or a food processor.

Place grated potatoes in a large bowl of cold water to soak 10 minutes, then drain well in a colander. (Soaking slows down the rate at which potatoes will turn brown.) Squeeze out by hand, using double sheets of paper to remove excess water. Potatoes should be as dry as possible.

Put the potatoes and onions in a mixing bowl. Stir in egg whites, flour, salt and pepper.

Remove the hot baking sheets from the oven and spray with oil. Working carefully to avoid burns, spoon pancake mixture onto the hot sheets to make 3-inch pancakes. Bake until golden brown (about 15 to 20 minutes per side), turning once with a sharp-edged spatula. When flipping the pancakes, put them down in the areas still covered with oil.

Serve with low-fat sour cream at room temperature or warm applesauce.

Nutritional Information:

Makes about 32 3-inch latkes. Per latke: 45 calories, 0 g. total fat (0 g. saturated fat), 10 g. carbohydrate, 2 g. protein, less than 1 g. dietary fiber, 85 mg. sodium.

Did you know?

- Red potatoes' total dietary phenolics content rivals that of broccoli, spinach and Brussels sprouts. Phenols, a large group of phytochemicals, are found in the spuds and may play a role in helping to lower risk for certain cancers.
- Onions contain phytochemicals with sulfur compounds that seem to interrupt the process of cancer cell development in several ways.
- Don't be stingy with the applesauce on these latkes. Research suggests that antioxidants and phytochemicals in apples may protect against breast, colon and liver cancers. Try making your applesauce with the peels on to get the most benefit.
- The origin of eating latkes for Chanukah is reportedly traced back to Italy, where the Italian cooked them in olive oil: the word 'latke' is related to the Greek word "eladion," which means "little oily thing,"

