

Market District Demo Recipes

Appetizer



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Oven Fried Latkes

Serves: 7

Modified from: www.kitchme.com

Items Needed: cutting board, knife, 2 baking sheets, colander, mixing bowl, mixing spoon, whisk, measuring cups, measuring spoons, spatula

Ingredients:

- 30 ounce bag of frozen shredded potatoes
- 1 onion, diced
- 2 eggs, beaten
- ½ teaspoon salt
- ½ teaspoon black pepper
- 3 Tablespoons white flour
- Non-stick cooking spray

Directions:

1. Preheat oven to 425 F and spray 2 baking sheets with non-stick cooking spray.
2. Defrost grated potatoes in a medium-sized colander. Press with paper towels to remove excess moisture.
3. Place potatoes in a large mixing bowl, and add onion, eggs, salt, pepper and flour. Stir to combine. Mixture should be thick and cohesive.
4. Use ¼ cup measuring cup to portion mixture onto the 2 baking trays. Flatten each latke mound into a flat disc. Mixture should make about 14 latkes.
5. Bake for 15 minutes, then flip and bake for an additional 10 minutes.
6. Serve with applesauce and sour cream, if desired.

Nutrition Information (per 2 latke serving):

Calories: 144 Fat: 1 g Carbs: 28 g Protein: 6 g Fiber: 4 g Sodium: 230 mg