

SPICY SPINACH, KALE & CARROT LATKES

INGREDIENTS

- 1 lb** Carrots(peeled) (grated) (3 C tightly packed)
- 3 oz** Spinach (baby) **OR** washed spinach (stemmed) (chopped) (1 1/2 C tightly packed)
- 3 oz** Kale (baby)(chopped) (1 1/2 C tightly packed)
- 1 t** Baking powder
- Salt to taste
- 1 T** Black Cumin **OR** Black Caraway (nigella seeds) (more to taste)
- 2 t - 3 t** Chili powder (mild) (to taste)
- 3 T** Oat bran
- 3 T** Matzo meal **OR** all-purpose flour
- 2** Eggs (beaten) or 1/2 C egg substitute
- 1/4 C** Healthy oil



DIRECTIONS

- 1 Heat a large heavy skillet over medium-high heat
- 2 Heat the oven to 300 F & line a sheet pan with parchment paper
- 3 Place a rack over another sheet pan.
- 4 In a large bowl mix together the carrots, spinach, kale, baking powder, salt, black caraway, chili powder, oat bran & matzo meal or flour
- 5 Taste & adjust salt then add the eggs & stir together
- 6 If the mix seems dry add a little more egg
- 7 Pack about 3 T of the mix into a 1/4 cup measuring cup
- 8 Reverse onto the parchment-lined baking sheet & repeat with the remaining latke mix
- 9 You should have enough to make 15 or 16 latkes
- 10 Add the oil to the pan & when it is hot (hold your hand a few inches above—you should feel the heat) & then use a spatula to transfer 1 portion of the latke mixture to the pan
- 11 Press down with the spatula to flatten & repeat with more mounds
- 12 Cook on one side until golden brown (approx.3 minutes)
- 13 Slide the spatula underneath and flip the latkes over
- 14 Cook on the other side until golden brown (2 -3 minutes)
- 15 Transfer to the rack set over a baking sheet & place in the oven to keep warm
- 16 Serve hot topped with low-fat sour cream, chutney, Greek yogurt or crème fraîche

NOTES

- 1 Makes 15 to 16 latkes
- 2 If you can't find Black Cumin seeds substitute with 'regular' cumin **OR** caraway seeds

