

BEET & POTATO LATKES



INGREDIENTS

- 1 Onion (grated **OR** pureed)
- 1/2 C Egg substitute (whisked)
- 3 Potatoes (large) (grated)
- 2 Beets (medium) (boiled) (drained) (shredded)
- 1/2 C Walnuts (ground)
- 1/2 C Oat bran
- 1 t Salt
- 1/4 t Pepper
- 3 T Healthy oil **OR** Non-stick cooking spray

DIRECTIONS

- 1 Place the potatoes in a cheesecloth or kitchen towel & twist to reduce the water
- 2 In a large bowl stir all ingredients except the oil or cooking spray

PAN FRYING

- 1 Spray cooking spray or use enough healthy oil to coat a saute pan
- 2 Set the heat at medium high & when it's hot, drop the latke mix 1/2 C at a time making sure to have space inbetween the latkes
- 3 When the bottom is golden brown flip them
- 4 When the other side is golden brown remove & place on a paper towel with another paper towel on top to blot out the excess oil

BAKED LATKES

- 1 Pre-heat oven to 450 F & spray a baking pan with non-stick cooking spray
- 2 Drop 1/4 C of latke mix onto baking pan with at least a full inch inbetween them
- 3 Flatten latkes slightly & spray the tops with non-stick cooking spray
- 4 Bake uncovered for 10 minutes, or until tops are nicely browned & crisp
- 5 Very gently flip latkes
- 6 Bake 8 -10 minutes longer or until at least golden
- 7 If you like them crisp then you might put them on the top shelf for the last 10 minutes

TIMBALES (Savory Cupcakes)

- 1 Use non-stick cooking spray & liberally coat the bottom & sides of each cupcake holder space
- 2 Pour mix into the the individual spaces but do not overfill
- 3 If you would like them crisp spray the top of the mix with non-stick cooking spray before it goes into the oven
- 4 Bake at 400 F for 60 minutes or until done
- 5 If you like them crisp then you might put them on the top shelf for the last 10 minutes
- 6 You can tell if they're done if they feel solid when you push down on the top
- 7 Let them cool completely
- 8 Take a dinner knife (not serrated) & slice around each cupcake to loosen it before removing them from the cupcake holder