

CHINESE LATKES, ETC.

See note below the recipe for a variety of healthier options for the sugar in the sauce

INGREDIENTS

- 2 C Egg substitute **OR** 8 Eggs
- 4 Green Onions (chopped)
- 1/2 C Water Chestnuts (chopped)
- 1/2 C Bamboo Shoots (cut in slices)
- 1 C Bean Sprouts
- 1 C Baby Bok Choy (chopped)
- 1 C Mushrooms (If large cut in 1/2) (sauteed if raw)
- Oatmeal to thicken
- Garlic Powder
- Morton's No-Salt **OR** salt to taste **OR** 1 T Tamari lite soy sauce
(Tamari will make the latkes a dark color instead of yellow)
- Healthy oil
- Non-stick cooking spray

MIXING INSTRUCTIONS

- 1 Lightly beat eggs in large bowl
- 2 Add vegetables, garlic powder to taste & salt OR Tamari lite soy sauce
- 3 Add oatmeal to thicken
- 4 The desired thickness depends what type of latke you want

You can substitute other Chinese vegetables or even add salami, shredded chicken or turkey
If you like the consistency to be more like an omelet reduce the oatmeal

COOKING INSTRUCTION CHOICES

PAN FRYING

- 1 Heat a large saute pan with enough oil to coat the pan at a medium-high setting
If the oil 'spits' when you put a drop of water in it then it is ready
- 2 Use a 1/2 cup of mix
- 3 When the bottom seems firm flip them
- 4 When the other side seems firm remove & place on a paper towel with another paper towel on top to blot out the excess oil

BAKING CHOICE # 1

- 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 degrees 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

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BAKING CHOICE # 2

- 1 Pre-heat oven to 450 degrees
- 2 Using a 1/4 C measuring cup, drop mixture onto baking pan sprayed with non-stick spray
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- 3 Flatten latkes slightly & spray the tops with non-stick cooking spray
- 4 Bake uncovered for 10 minutes, or until bottoms are nicely browned & crisp
- 5 Gently flip latkes
- 6 Bake 8 to 10 minutes longer or until at least golden

TRADITIONAL SAUCE

2 cubes	2 cubes Vegetable bouillon
1 1/2 C	1 1/2 C Hot water
1 1/2 t	1 1/2 t Sugar
2 T	2 T Tamari lite soy sauce
6 T	6 T Cold water
1 1/2 T	1 1/2 T Cornstarch

COOKING INSTRUCTIONS FOR SAUCE

- 1 In a small saucepan dissolve the bouillon in the hot water
- 2 Add sugar & Tamari
- 3 Blend well over medium heat
- 4 Add cold water & cornstarch
- 5 Stir until thick and smooth

Sweet N' Sour Sauce also works well with this type of latke

SUGAR SUBSTITUTES

Splenda Sugar Blend for Baking
Maltitol
Agave
Honey
Low Cal Maple Syrup