

## **EDAMAME LATKES, ETC.**

**See note below the recipe for a variety of healthier options for flour**

### **INGREDIENTS**

- 3 pkgs Frozen Edamame without pods (defrosted)
- 2 Onions (Cut into 1/8ths)
- 2 Red peppers (chopped)
- 3/4 C Egg substitute **OR** 3 eggs (beaten)
- 1 C Quinoa Flour **OR** 1 minute Oatmeal (to start - you may need to add more)
- 1 1/2 t Thyme **OR** Basil
- 1 1/2 t Mortons No-Salt **OR** Salt
- 1 1/2 t Garlic powder **OR** a 2 medium sized garlic cloves (smashed)  
Ground Pepper (to taste)  
Non-stick cooking spray **OR** Healthy oil

### **MIXING INSTRUCTIONS**

- 1 Process Edamame & onions
- 2 Add remainder of ingredients except for oil & non-stick cooking spray to the Edamame & onion mix
- 3 Check seasoning & refrigerate from 1 - 24 hours

### **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 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

### **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
- 2 Using a 1/4 C measuring cup, drop mixture onto baking pan sprayed with non-stick spray
- 3 Flatten latkes slightly & spray with non-stick 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

## TIP TO SERVE CRISP LATKES

Pre-heat oven to 450  
Spray a non-stick cooking spray on a baking sheet  
Place latkes on the baking sheet 10 minutes before serving  
Place baking sheet with latkes in the oven on the middle shelf  
Bake 5 minutes & then flip the latkes  
Remove to platter & serve immediately

### **FLOUR SUBSTITUTES**

Coconut flour  
Tapioca flour  
Almond flour  
Potato starch  
Whole Wheat flour  
Whole Wheat Pastry flour