

EGGPLANT LATKES

INGREDIENTS

- 4 Eggplants
- 2 Onions (large) (chopped)
- 3 T Garlic olive oil
- 1 C Egg substitute **OR** 4 eggs
- 1 C One minute oatmeal (you may need to add more to thicken mix)
- 2 T Italian seasoning
- 1 T Sea Salt
- 1 T Garlic powder
- 1 T Turmeric
- 1 T Cumin
- Non-stick cooking spray



DIRECTIONS

- 1 Place eggplants on a baking sheet & poke the eggplant with a fork in 3 places
- 2 Bake at 400 degrees for approximately 30 minutes or until eggplants are deflated
- 3 While the eggplant is baking saute onions in some garlic olive oil until golden
- 4 When the eggplant is cool enough to touch, remove the skin
- 5 Place the onions & eggplant in your processor about ½ full & pulse until blended (1 minute)
- 6 Empty into a large bowl & repeat the process until done
- 7 Mix thoroughly & then add the egg substitute **OR** eggs, seasonings & oatmeal
- 8 Taste to make sure the seasoning is right for you & add more if you need it
- 9 You may need to add more oatmeal because you want the mix to be thick
- 10 Cover the bowl & place in the refrigerator for at least an hour.
- 11 There is no problem allowing it to stay in the refrigerator overnight.

PAN FRYING

- 1 Heat a large saute pan with enough oil to coat the pan at a medium-high setting
- 2 If the oil 'spits' when you put a drop of water in it then it is ready
- 3 Use a 1/2 C of mix & when the bottom seems firm flip them
- 4 When the other side seems firm remove & place on a paper towel
- 5 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
- 2 Pour mix into the individual spaces but do not overfill
- 3 For crisp latkes, 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 by pushing down on the top. If they feel solid then they're done
- 7 Let them cool completely
- 8 Take a dinner knife (not serrated) & slice around each cupcake to loosen it
- 9 Then remove them from the cupcake pan

See Baking Choice # 2 on page 2

BAKING CHOICE # 2

- 1** Pre-heat oven to 450 F
- 2** Using a 1/4 C drop mix 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 & bake 8 to 10 minutes longer or until at least golden