

# MUSHROOM LATKES

## INGREDIENTS

- 1/2 C** Egg substitute
- 1 C** Milk (low fat) **OR** Almond milk **OR** Rice milk **OR** Soy Milk
- 1 T** Tamari soy sauce (low sodium)
- 1 t** Hot sauce
- 1 C** Whole Wheat Pastry flour **OR** gluten-free flour of your choice **OR** Oatmeal (1 minute type)
- 1/2 t** Baking Powder
- 1 lb** Mushrooms (chopped)
- 1** Red pepper (cored) (seeded) (chopped)
- 1** Onion (large) (peeled) (chopped)
- 3 cloves** Garlic (minced)
- 1/2 t** Smoked paprika
- Non-stick cooking spray **OR** healthy oil



## DIRECTIONS

- 1** In a medium bowl, whisk together eggs, milk, Tamari , hot sauce, flour & baking powder & set aside
- 2** Pulse the chopped mushrooms in a food processor until very finely minced
- 3** Spray sauté pan with non-stick cooking spray or put in a small amount of healthy oil
- 4** Over medium-high heat sauté the mushrooms & garlic
- 5** Stir frequently while cooking for 5-8 minutes or until all the moisture has evaporated
- 6** In another pan saute the red peppers & onions until the onions are golden brown
- 7** Cool vegetable mixes
- 8** Add the vegetables & smoked paprika to the bowl with eggs, milk, flour, etc.
- 9** If your mix is too loose, add more flour or oatmeal into it's thick enough

## PAN FRYING

- 1** Prepare a sauté pan with non-stick cooking spray **OR** a small amount of healthy oil
- 2** Over medium heat pour about ¼ cup of batter into the skillet, spreading with the back of a spoon to form a pancake shape
- 3** Cook for 2-3 minutes per side or until pancake has been cooked thoroughly
- 4** Repeat until you are out of batter