

SWEET POTATO & ZUCCHINI SQUARE LATKES WITH ROSEMARY & PARMESAN CHEESE

INGREDIENTS

- Vegetable cooking spray
- 1 Sweet potato (large)(peeled)(grated)
- 1 Zucchini (medium) (grated)
- 3 cloves Garlic (minced)
- 1 t Rosemary leaves (fresh) (chopped)
- 1/4 C Parmesan cheese (grated) (may need to add 1 t more)
- 1/4 C Breadcrumbs (seasoned)
- 2 Egg whites **OR** 1/2 C egg substitute (lightly beaten)
- 2 t Kosher salt (plus extra for seasoning)
- 1/4 t Black pepper (freshly ground) (plus extra for seasoning)
- 3 T Vegetable oil
- Olive oil (for drizzling)



DIRECTIONS

- 1 Pre-heat the oven to 450F & spray a baking sheet, liberally, with vegetable cooking spray
- 2 Place Sweet Potato & Zucchini in a large bowl
- 3 Add the garlic, rosemary, Parmesan cheese, breadcrumbs, egg whites, salt & pepper
- 4 Mix well until all ingredients are combined
- 5 In a 12-inch nonstick skillet, heat the vegetable oil over medium heat
- 6 Add the entire vegetable mix to the pan
- 7 Using a spatula, press the mixture evenly into the pan
- 8 Drizzle the top with olive oil
- 9 Cook for eight minutes or until the edges of the mix begin to brown
- 10 Slide the pancake, cooked side down, onto the prepared baking sheet
- 11 Bake (20 to 25 minutes) or until the top of the pancake starts to brown & the edges are crispy
- 12 Cut the pancake into 1 1/2-inch squares arrange on a serving platter

It looks like a kugel before you cut it into squares



NOTE

Makes 12

