

Baked Potato Pancakes

16 pancakes

Ingredients

Canola oil cooking spray	2 large eggs, beaten
6 medium potatoes, peeled	1 Tbsp. canola oil
¼ cup all-purpose flour	½ tsp. salt
¼ cup flat-leaf parsley, finely minced	½ tsp. freshly ground black pepper
¼ cup green onion, finely chopped	Reduced-fat sour cream or unsweetened applesauce (optional)

Preheat oven to 450 degrees. Spray a large non-stick baking sheet with cooking spray. In a food processor or by hand, coarsely grate the potatoes and carrots. Place them in a large sieve, set securely within a larger bowl. Squeeze the vegetables to wring out as much liquid as possible. If the vegetables still feel wet, pat them dry with paper towels, then transfer them to a mixing bowl. Add the flour, parsley, onion, eggs, oil, salt, and pepper. Combine the ingredients well.

Spoon small mounds of the mixture on the baking sheet to form 2 ½ -inch pancakes, leaving 1 inch between each. Bake the pancakes until they are golden brown, about 6 to 8 minutes on each side, turning once with a spatula. Transfer them to a serving platter and garnish with reduced-fat sour cream or applesauce, if desired.

Per serving: 163 calories, 3 g total fat (<1 g saturated fat), 28 g carbohydrates, 6 g protein, 5 g dietary fiber, 185 mg sodium.