

SWEET POTATO LATKES^o



SERVES: 8 (1 latke each) Prep Time: 20 min. Cooking Time: 40 min.

CONTAINER EQUIVALENTS (per serving): 1



3/4 medium onion
1 lb. sweet potatoes, peeled
2 large eggs, lightly beaten
2 Tbsp. whole wheat flour
2 Tbsp. whole wheat panko bread crumbs
1 clove garlic, finely chopped
1/2 tsp. sea salt (or Himalayan salt)
2 Tbsp. + 2 tsp. reduced fat (2%) plain Greek yogurt

SPECIAL EQUIPMENT:

Parchment paper

Grater attachment for food processor

Nonstick cooking spray

- 1.** Preheat oven to 350° F.
- 2.** Line large baking sheet with parchment paper, lightly coat with spray. Set aside.
- 3.** Process onion in food processor using grater attachment. Squeeze out and discard water after grating. Place onion in a medium bowl. Set aside.
- 4.** Process sweet potatoes in food processor using grater attachment. Add to onion.
- 5.** Add eggs, flour, bread crumbs, garlic, and salt to onion mixture; mix well.
- 6.** Using 1/4-cup measuring cup, scoop mixture onto prepared baking sheet. Form into patties.
- 7.** Lightly coat tops evenly with spray. Bake for 20 minutes. Turn latkes. Spray tops. Bake an additional 18 to 20 minutes, or until crisp.
- 8.** Serve each latke topped with 1 tsp. yogurt.

RECIPE NOTES:

- You can shred onion and sweet potatoes with a hand grater.
- Latkes can be made one day ahead. Follow steps 1 to 6 above. Cover baking sheet and store in the refrigerator for one day. Bake latkes right before serving.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 91 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 47 mg Sodium: 195 mg Carbohydrates: 15 g Fiber: 2 g Sugars: 3 g Protein: 4 g

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.