 

**Lightened Up Potato Latkes**

****

**Description:** Try the lightened up version of the potato latkes; you won't even know there are calories missing!

**Recipe by:** Potatoes USA

**Website Link:** https://www.potatogoodness.com/recipes/lightened-potato-latkes/

**Prep Time:** 15 min

**Cook Time:** 15min

**Ready Time:** 30 min

**Potato Type:** Russet potatoes

**Serves:** 4

**Prep Method:** Pan Fried

**Course:** Breakfast

**Ingredients**

* 2 1/2 cups shredded, unpeeled russet potatoes (about 1 lb)
* 1/2 cup grated onion
* 1/3 cup peeled, shredded carrot
* 1/3 cup flour
* 2 tablespoons snipped fresh chives
* 1 teaspoon kosher salt
* 1 egg + 1 egg white
* 2 tablespoons vegetable oil, divided

**Preparation**

1. Scrub potatoes and coarsely grate. Immediately place in a bowl of ice water to keep potatoes from discoloring; let stand for 5 minutes.
2. Meanwhile, place the onion, carrot, flour, chives, salt, pepper and eggs in a medium bowl and stir well.
3. Drain the potatoes and squeeze out moisture; stir into egg mixture. Heat 1 tablespoon oil in a large non stick skillet over medium-high heat until very hot. Spoon about 1/4 cup of potato mixture for each pancake into skillet, cooking 4 at a time. Cook for 3 to 4 minutes per side, flattening with the back of a spatula and cooking until golden brown and crisp on both sides. Drain on paper towels.
4. Repeat with remaining oil and potatoes.
5. Serve immediately with chunky applesauce and low-fat sour cream.

**Nutritionals**

Calories - 216

Fat - 8g

Fiber - 3g

Protein - 6g

Potassium - 425mg