**Potato Latke**

If making potato latkes reduce the oil needed for frying by spraying a non-stick pan with a spray like Pam and cutting oil by half. Another option is to add grated cauliflower, beet, carrot, or zucchini to your recipe. A healthier option is to oven fry them. Baking may not result in the same texture as when these potato pancakes are fried, but there are a few tips to make sure they come out crispy. An important step is squeezing out as much moisture as you can from the shredded raw potato and onion; another trick is preheating the baking sheet in the oven before adding the latkes. Although you can use either Yukon Gold or russets, the Yukon have a buttery taste and a creamier texture, making for a flavorful pancake.

INGREDIENTS

1 1/2 pounds Yukon Gold or russet potatoes

1 medium onion

1/4 cup all-purpose flour

2 egg whites

Freshly ground black pepper (to taste)

Preheat the oven to 450 F.

Peel, cut, and shred the potatoes and onion, using either a grater or a food processor.

Place a large cookie sheet in the hot oven.

Place the shredded potatoes and onion in a colander, and using the back of a spoon, squeeze out as much excess moisture as you can. (You can also put the mixture in a clean dish towel and squeeze.) Transfer the mixture to a large bowl. Add the flour, egg whites, and black pepper, and combine well with a fork.

Remove the cookie sheet from the oven and coat with nonstick cooking spray. Place 2 to 2 1/2-inch flattened rounds of the potato mixture on the hot cookie sheet, spacing them apart. Return the cookie sheet to the oven and cook for 7 to 8 minutes on each side, until the latkes are crisp and golden.

Serve hot with Lite or non-fat sour cream and applesauce (recipe below) and enjoy.

Adapted from Spruce Eats