



Potato Apple Latkes

Ingredients

6 cups shredded peeled Yukon gold potatoes (about 2 pounds)
2 cups shredded Gala or Honey crisp apples (about 2 medium)
1 1/2 teaspoons salt, divided
1/2 teaspoon freshly ground black pepper
2.25 ounces all-purpose flour (about 1/2 cup)
5 tablespoons canola oil, divided
1 teaspoon turbinado or granulated sugar

Directions

1. Combine potatoes, apples, and 1 teaspoon salt in a colander. Let stand 20 minutes, pressing occasionally with the back of a spoon until barely moist. Combine potato mixture, remaining 1/2 teaspoon salt, and pepper in a large bowl. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Add flour to potato mixture; toss well to combine.

2. Heat a 12-inch nonstick skillet over medium-high heat. Add 1 1/2 tablespoons oil to pan, swirling to coat. Add potato mixture in 1/3-cupfuls to pan to form 4 latkes; flatten slightly. Cook 6 minutes on each side or until golden brown. Remove latkes from pan; keep warm. Repeat procedure 3 more times with remaining oil and potato mixture. Sprinkle latkes evenly with sugar or powdered sugar

Nutrition

Calories: 220	Carbohydrates: 31g
Sodium: 302 mg	Protein: 3.6 g
Total Fat: 8.5 g	Saturated Fat: 0.8 g

Courtesy- Cooking Light Dec 2009