



Nutrition Education

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Potato Pancakes (Latkes)

Potatoes are a good source of many nutrients. One medium potato contains half the adult RDA for vitamins B6 and C, and they also contain fiber, protein, iron, potassium, magnesium and zinc. Many Americans could benefit from eating more potassium and magnesium for heart health. Potatoes are an inexpensive, easy, and quick food, that have been unfairly maligned because they tend to be abused, i.e. fried in partially hydrogenated oil by fast food chains, or laden with butter and sour cream. This recipe uses olive oil for frying, since olive oil contains healthy monounsaturated fat that will lower your blood cholesterol. (In addition, olive oil resists being oxidized when you cook with it, so you don't eat bad-tasting oxidized fats that probably contribute to heart disease.)

4 medium potatoes, peeled, red, white, or Yukon Gold

1 medium onion, finely chopped

large handful parsley, washed and finely chopped

3 eggs

3 tablespoons flour (as needed)

olive oil for frying

salt to taste to be added after frying

optional condiments: applesauce with sour cream or yogurt; caviar with sour cream; catsup

- Grate potatoes using the fine grater attachment on a Kitchen Aid mixer, or by hand. The usual grater blade will give pieces about 1/4 inch wide- this is too big, mine are much finer.
- Place grated potatoes into a clean cotton dishcloth (rinsed with water), and squeeze out the potato liquid by twisting the dishcloth to press the potatoes into a dense ball.
- Lightly beat eggs
- Add potatoes, parsley, and onions to eggs and mix
- Mix in flour
- Heat at least 1/4 inch oil in large frying pan
- Place a heaping soup spoon of potato mixture in the pan and flatten a little into a pancake.
- Fry over a medium-hot flame until browned and crisp, flip and brown on the other side.
- Put pancakes on top of a double layer of paper towels on a plate, and either keep warm on the back of the stove while continuing to fry, or serve them as they come out of the pan (my favorite).
- Have your friends join you in the kitchen, and serve these straight out of the pan as an appetizer, along with the condiments listed above.
- If you fry up a pile to serve at the table, put paper towels in between each layer.

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