

Rainbow Root Vegetable Latkes

Culinary Medicine, Nutrition Services

Serves: 8, Serving Size: 1 ea

Equipment: shredding attachment on food processor or grater, large bowl, spoon, large skillet, spatula, cooling rack

Ingredients

1 pound assorted root vegetables (e.g. turnip, sweet potato, parsnip, carrot, rutabaga, radish), shredded

1/2 pound gold potato, shredded

1/2 bunch scallions, sliced

1 large egg

1/3 cup flour (e.g. rice)

To taste, salt and pepper

4-6 tablespoons avocado or grapeseed oil

Instructions

1. In a large bowl add shredded vegetables. Add scallions, egg, flour, salt, and pepper and mix well.
2. In a large skillet over medium heat, warm 2 tablespoons oil.
3. Add approximately 1/4 cup of vegetable mixture to the pan and flatten it using a spatula.
4. Cook 4-5 minutes until bottom side is golden brown. Flip and brown the other side for 2-3 minutes.
5. Transfer to a cooling rack and sprinkle with salt.
6. Repeat, adding more oil as needed, until all the mixture is used.



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Why We Like This Recipe

Tired of mashed potatoes and roasted carrots? These are a great way to use root vegetables in a new way.

Chef's Notes:

- Serve these with yogurt sauce, sour cream, pesto, chimichurri, or applesauce.

Nutrition Notes:

- Using a high heat cooking oil like avocado or grapeseed oil helps to prevent the formation of free radicals that increase oxidative stress on our bodies

Gardener's Notes:

- Root vegetables grow below ground and are known for their ability to keep over the winter months if stored properly. Generally, the harder the root, the longer it can be stored. They are a staple in comforting winter soups and stews.



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