



Cabbage Latkes

Half a medium cabbage (about 2 cups thinly shredded)
1 large egg, lightly beaten
2 large egg whites, lightly beaten
1 scallion (white and light green parts), finely chopped
1½ Tbsp whole-wheat flour
1 Tbsp canola or vegetable oil
½ tsp salt
Black pepper to taste



1. Preheat oven to 250°F. Line a baking sheet with parchment paper and set aside.
2. Place the cabbage in a large bowl. Add the eggs, scallion, and flour, mixing just until incorporated. Season with ½ tsp salt and pepper to taste.
3. Heat oil in a large, nonstick skillet over medium-high heat. Drop enough cabbage mixture (about 2 Tbsp) on the skillet to form pancakes 1½ inches wide. Cook for 3-4 minutes, being careful not to move latkes until the bottom crust has formed. Turn over and cook 3-4 minutes more, or until browned.
4. Transfer to baking sheet and place in oven to keep warm. Continue to form pancakes until all the mixture is used. Wipe out the skillet between batches and add oil as needed.

Makes: 4 servings

Nutrition Information:

CALORIES 100 (45% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 45mg; SODIUM 360mg; CARBOHYDRATE 9g; FIBER 3g; PROTEIN 5g; CALCIUM 6%; IRON 6%



White Bean Salad

1 14.5-ounce can of white beans, drained but not rinsed
2 Tbsp chopped red onion
2 tsp lemon juice
2 tsp red wine vinegar
1 Tbsp extra virgin olive oil
1 tsp finely chopped rosemary
1 tsp finely chopped thyme
1 tsp finely chopped tarragon or lavender
½ tsp salt
Black pepper to taste

1. In a small bowl, add the lemon juice to the chopped onion. Let sit while preparing other ingredients.
2. Combine all ingredients in a serving dish, including chopped onion. This salad can be served right away, but the flavors will combine better if chilled for a few hours.



Makes: 4 servings

Nutrition Information:

CALORIES 180 (19% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 300mg; CARBOHYDRATE 26g; FIBER 7g; PROTEIN 10g; CALCIUM 10%; IRON 20%