



Beet and Potato Latkes

- 1 large baking potato, peeled and coarsely grated
- 2 medium red beets, peeled and coarsely grated
- 1 small onion, coarsely grated
- 1 large egg, lightly beaten
- ¼ cup flour
- ¾ teaspoon salt
- ¼ teaspoon pepper
- 2 teaspoons oil



1. Rinse the grated potatoes in cold water, roll up in a paper towel and squeeze dry.
2. Place the beets and onions in a large colander and squeeze out the excess moisture.
3. In a bowl, stir together potato, beets, onion, egg, flour, salt, and pepper.
4. Heat 1 teaspoon oil in skillet over medium heat.
5. Add 4 heaping tablespoons of mixture to form 4 pancakes. Flatten slightly.
6. Cook a few minutes then flip, until golden brown.
7. Repeat with ½ teaspoon oil and remaining mixture until gone.
8. Top latkes with applesauce and enjoy!

Makes: 3 servings (4 latkes each)

Nutrition Information:

CALORIES 220 (20% from fat); FAT 5g (sat 1g); CHOLESTEROL 80mg; SODIUM 660mg; CARBOHYDRATE 37g; FIBER 4g; PROTEIN 7g; CALCIUM 4%; IRON 15%



Homemade Applesauce

- 6 apples
- 1 cup water

1. Peel and core apples. Cut apples into large chunks.
2. Place apples and 1 cup water in a medium pot.
3. Bring apples to boil over high heat, stirring often.
4. Turn heat to medium and simmer the apples for 30 minutes or until the apples are very soft. Stir often.
5. The applesauce may be left lumpy or mashed with a fork to become smoother.
6. May be served warm or chilled!
7. Refrigerate leftovers.

Some apples are naturally sweeter than others. If the sauce is too tart, stir in a little brown sugar to taste.



Makes: 6 servings

Nutrition Information:

CALORIES 60 (0 from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 0mg; CARBOHYDRATE 16g; FIBER 2g; PROTEIN 0g; CALCIUM 0%; IRON 0%