- [ ] Plant Based
- [ ] Keto
- [ ] Paleo
- [ ] Whole 30
- [ ] Gluten-Free
- [x] Dairy-Free
- [x] Vegetarian
- [ ] Vegan

Healthy home cooking!

Spaghetti Squash and Potato Latkes

CLASSIC Comfort

SERVES: 3 MAKES: 9 PREP TIME: 20 Min COOK TIME: 60 Min

INGREDIENTS:

1 20oz pkg imPASTA! (2 rings), shredded and squeezed to remove excess moisture
3 medium Yukon potatoes washed and halved
1 large onion (8oz), peeled and cut into quarters.
2 large eggs
½ c all-purpose flour
2 tsp course kosher salt
1 tsp baking powder
½ tsp black pepper
Safflower, grapeseed or peanut oil for frying
1 tbsp Parsley, finely chopped
Sour cream (optional)
Applesauce (optional)

Tip: Use a cheese cloth to squeeze the imPASTA! to remove excess moisture. You won't believe how much there is! This is an important step or the dish will be watery.

Nutrition Facts per serving: Calories 493, Fat 28g, Fiber 6g, Total Carbohydrates 54g, Sugar 5g

DIRECTIONS:

1. Grate potatoes and onion. We use a food processor with a course grating disc. Transfer to a dishtowel or paper towel and squeeze as much of the moisture out as possible.
2. Cut the shredded spaghetti squash with scissors a few times to shorten the strands.
3. Add spaghetti squash and potato/onion mixture to a large bowl. Working quickly so the potatoes don't brown, add the eggs, flour, salt, baking powder, parsley and pepper. Mix together.
4. In a medium to heavy-bottomed pan (We use a cast-iron) over medium heat, pour about ¼ inch of oil and bring to a temp where the latke will sizzle.
5. Using a ⅓ c measure, drop carefully into the oil. Cooking in batches to not overcrowd the pan. Use a spatula to flatten the latke. When the edges are crispy, about 6 minutes, flip. Cook the second side another 5 minutes.
6. Transfer the latkes to a paper towel lined dish and sprinkle with salt.
7. Serve with sour cream and apple sauce. (Optional)