

## Root Vegetable Latkes

*Yield: 16 latkes*

### Ingredients:

4 cups grated parsnip, turnip, carrot, daikon radish or other root vegetable  
1 cup onion  
3-4 eggs, beaten  
½ cup whole wheat flour  
dash of salt & pepper  
2 tsp desired spice  
2 tbsp herbs (dill, parsley, cilantro, etc.)  
Canola or olive oil

1. Combine grated root veg in a bowl and toss with salt. Let sit for 10 min. Drain and squeeze out excess water. (If using beets, let them sit in a separate bowl with salt )
2. Mix in fresh herbs to roots.
3. Combine Eggs, Flour, Spices and salt in another bowl. Pour over root mix and toss together. If the batter appears too dry you can add more egg.

### To fry:

Over medium or medium-high heat, heat enough oil so it covers the entire bottom of large saucepan, about 1/4 inch thick. Drop batter by 1/4-cupful into sizzling pan. Press down lightly with spatula. Cook for two to three minutes on each side, until browned.

### To bake:

Preheat oven to 425° F. Spray a cookie sheet with nonstick spray or olive oil spritzer. Drop batter by 1/4 cupfuls onto cookie sheet. Flatten with spatula. Bake for 25 minutes; flip and bake for an additional 15 minutes, or until browned.

