



GBS HEALTH & WELLNESS

Sweet Potato Latkes

Adapted from [Epicurious](#)



About this Recipe

December is a festive time of year and home to many recipes intended to warm the heart, soul, and stomach. Celebrate Hanukkah with this twist on a traditional Jewish recipe of potato latkes. By replacing the potatoes with sweet potatoes, this recipe is bound to be a hit around the holidays.

Sweet potatoes contain an antioxidant found in carrots and other orange foods, beta-carotene. Beta-carotene is converted to vitamin A in the body which supports eye health, immune function, and healthy cell reproduction.

INGREDIENTS

- > 1 lb sweet potatoes, peeled and grated
- > 2 green onions, chopped
- > 1/3 c. all-purpose flour
- > 2 large eggs, lightly beaten
- > 1 tsp salt
- > 1/2 tsp black pepper
- > 3/4 vegetable oil

DIRECTIONS

1. Stir together potatoes, green onions, flour, eggs, salt and pepper.
2. Heat oil in a large skillet over moderate-high heat until hot, but not smoking.
3. Scoop 1/8 c. of mixture into oil and flatten with spatula.
4. Reduce heat to medium and cook until golden, about 1.5 min each side.
5. Transfer latkes to a plate with paper towels to drain oil.