



Parsnip & Sage Latkes with Cinnamon Applesauce

Prep: 20 minutes

Cook: 35 minutes • Serves: 10

- 16 medium parsnips (1½ pounds)
- 1 medium white onion
- 1¼ cups potato starch
- 1 tablespoon finely chopped fresh sage leaves
- 1 tablespoon lemon zest
- 1 teaspoon kosher salt
- ¼ teaspoon white pepper
- 3 large eggs
- ½ cup vegetable oil
- 1 tablespoon fresh lemon juice
- 1¼ cups chunky cinnamon applesauce

1. Preheat oven to 250°. In food processor with grating blade attached or box grater, grate parsnips and onion.

2. In large bowl, toss potato starch, sage, lemon zest, salt, pepper, parsnips and onion. In small bowl, whisk eggs; stir into parsnip mixture.

3. Heat large skillet over medium heat. Working in 4 batches, add 2 tablespoons oil to skillet; heat until oil is shimmering. Drop parsnip mixture, about 2 heaping tablespoons at a time, into skillet; flatten with spatula into 3-inch circles. Cook 8 minutes or until golden brown, turning once halfway through cooking. Transfer latkes to paper towel-lined cookie sheets; place in oven to keep warm. Makes about 20 latkes.

4. Drizzle latkes with lemon juice; serve warm with applesauce.

Approximate nutritional values per serving:

311 Calories, 16g Fat (3g Saturated), 70mg Cholesterol, 271mg Sodium, 41g Carbohydrates, 4g Fiber, 3g Protein