

Oven-Baked Potato Pancakes

These potato pancakes are easily baked in the oven and can be served as an appetizer or a side.

Makes: 12 servings

Ingredients

- 2 teaspoons oil
- 3 tablespoons whole wheat flour (or all-purpose flour)
- 1 teaspoon baking powder
- $\frac{3}{4}$ teaspoon salt
- 2 large russet potatoes (or Yukon Gold potatoes)
- 1 small onion
- 1 large egg
- applesauce and plain yogurt (optional)



Directions

1. Preheat the oven to 425°F. Lightly oil the baking sheets.
2. Mix the flour, baking powder, and salt in a small bowl.
3. Use the large holes on your grater to grate the potato, then grate the onion too.
4. Put the potato and onion mixture in a colander inside the sink. Using a paper towel, press the potato mixture down and squeeze out the extra moisture. Stir and squeeze again.
5. Put the potato mixture in a large bowl, add the egg, and stir well. Add the flour mixture and stir very well.
6. Use a spoon or your fingers to pluck a clump of the potato mixture from the bowl and spread into a round, flat cake on the oiled baking sheet: it should make a circle that's about 3 inches wide and $\frac{1}{4}$ inch thick. Repeat to fill the sheet. (You don't need to leave space between them.)

7. Bake until the bottoms are deeply golden, 15-20 minutes, then turn the pancakes over and put them back in the oven for 10 more minutes.
8. Serve the potato pancakes with applesauce and yogurt, if desired.

Recipe from: *ChopChop Family*, adapted by the USDA Food and Nutrition Administration.

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