



# Sweet Idaho Potato and Ricotta Latkes

8 servings

1 pancake per serving

## INGREDIENTS

- 12 ounces potatoes, peeled (about 2 cups)
- 3 tablespoons part-skim ricotta cheese
- 2 tablespoons flour
- 2 tablespoons sugar
- 2 teaspoons finely grated orange zest
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 egg (lightly beaten)
- ⅓ cup raisins
- ¼ cup vegetable oil, divided use
- 4 teaspoons confectioners' sugar

## DIRECTIONS

1. Preheat oven to 350°F. Grate potatoes into a large mixing bowl. Stir in ricotta, flour, sugar, orange zest, baking powder and salt. Add egg and raisins; mix until well combined.
2. In a large, heavy, non-stick skillet, heat 1 tablespoon oil over medium heat. Using a tablespoon, spoon potato mixture into skillet, using about 2 tablespoons per pancake. (Skillet should hold about 4 pancakes at a time.) Flatten mixture slightly with a spatula. Cook pancakes for 2 minutes, then flip and cook for 2 minutes, or until golden brown. Transfer pancakes to a baking sheet. Cook the remaining pancakes.
3. Place cooked pancakes in the oven and bake 10 minutes, or until pancakes are cooked through.

### NUTRITION ANALYSIS (PER SERVING)

Calories .....	148
Total Fat .....	8.0 g
Saturated Fat.....	1.0 g
Trans Fat.....	0.0 g
Polyunsaturated Fat .....	3.0 g
Monounsaturated Fat .....	3.5 g
Cholesterol.....	25 mg
Sodium.....	158 mg
Carbohydrates.....	17 g
Fiber .....	1 g
Sugars.....	8 g
Protein .....	3 g

Dietary Exchanges: 1 starch, 1½ fat

*This recipe from the Idaho Potato Commission is an American Heart Association Heart-Check Certified recipe.*

