

# Recipe

## Potato Latkes

### INGREDIENTS:

3 large baking potatoes  
2 eggs, slightly beaten  
¼ cup flour  
2 T. salt  
1 T. minced onion  
vegetable oil  
applesauce

\*Caution: Always check for allergies  
before serving foods. Make  
substitutions as needed

### DIRECTIONS:

Have children help you wash the potatoes with a vegetable brush. Cut the potatoes in half, and shred them with a grater (leave the skins on). Add them to a bowl, and mix them with the egg. Then, add the flour, salt, and onion. (Encourage each child to take a turn mixing the ingredients.)

Heat a layer of oil in a large skillet (adult only) to about 350°F. (Make sure children stay away from the stove.) Squeeze about ¼ cup of the potato mixture firmly between your hands to remove excess liquid, and carefully drop it into the hot oil. Fry three to four minutes on each side or until golden. Drain on paper towels, and serve with applesauce.

