



## Hungry Girl's Cauliflower Latkes



1/2 of recipe (3 latkes): 183 calories, 7g total fat (1g sat. fat), 463mg sodium, 20.5g carbs, 6g fiber, 6.5g sugars, 11.5g protein

**Prep:** 15 minutes    **Cook:** 30 minutes

**Cool:** 10 minutes



### Ingredients

4 cups roughly chopped cauliflower  
1/2 cup (about 4 large) egg whites  
1/4 cup shredded onion, thoroughly patted dry  
1/4 cup instant mashed potato flakes  
1/4 teaspoon each salt and black pepper  
1 tablespoon olive oil  
Optional toppings: light sour cream and chopped scallions, unsweetened applesauce and cinnamon

### Directions

Pulse cauliflower in a food processor until reduced to the consistency of coarse breadcrumbs, working in batches as needed.

Place cauliflower crumbs in a large microwave-safe bowl; cover and microwave for 3 1/2 minutes.

Uncover and stir. Re-cover and microwave for another 3 1/2 minutes, or until hot and soft.

Transfer cauliflower crumbs to a fine-mesh strainer to drain. Let cool for 10 minutes, or until cool enough to handle.

Using a clean dish towel (or paper towels), firmly press out as much liquid as possible from the cauliflower crumbs in the strainer—there will be a lot of liquid!

Return cauliflower crumbs to the large bowl. Add all remaining ingredients *except* olive oil. Mix until uniform.

Spray a large skillet with nonstick spray, and drizzle with 1 tsp. olive oil. Bring to medium heat. Take 1/3rd of the mixture, and divide it into 2 mounds in the skillet. Flatten each mound into a patty about 1/4 inch thick. Cook until slightly crispy, lightly browned, and cooked through, about 3 minutes per side, flipping carefully. Transfer to paper towels to soak up excess oil.

Repeat this process twice with remaining 2 tsp. olive oil and 2/3rd of mixture, adding the oil carefully to avoid splattering, for a total of 6 latkes.

**MAKES 2 SERVINGS**

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