



## 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

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

**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**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.