



CAULIFLOWER LATKES (Pancakes)

Basic Lifestyle

Ingredients

2 eggs plus 2 egg whites
1 small onion, peeled
1 (2-pound) package of frozen cauliflower, or 1 fresh head, steamed and drained
2 TBS soy or whole-wheat flour
salt and pepper to taste
non-stick cooking spray
2 TBS olive oil

Instructions

1. Let frozen cauliflower thaw. Put in colander and squeeze out the liquid.
2. Process eggs and onion in food processor and add cauliflower, soy or regular flour, and seasonings until finely chopped; do not over-process.
3. Wipe a non-stick frying pan with a paper towel dipped in oil and spray the pan with non-stick cooking spray. Put on low heat, wait until hot and drop batter by tablespoonfuls into pan. Brown on both sides.

Portion-Per-Serving Information (Yields 16 pancakes): Serving = 2 pancakes = 1 V

***Note:** With each new batch, spray the pan with non-stick cooking spray and/or wipe the pan with oil occasionally, as well. Be patient with these pancakes. Fry them for a long time until they are cooked through, or they will fall apart when flipped.

***Note:** You can substitute broccoli or spinach for cauliflower.