

# Baked Sweet Potato Latkes

**Serving Size** 2 Latkes

**Servings** 12

**Prep Time** 15 mins

**Cook Time** 45 mins



## Nutrition Information

Calories	82.4
Fat	5.6 g
Polyunsaturated fat	0.5 g
Monounsaturated fat	2.7 g
Cholesterol	51.4 mg
Sodium	123.4 mg
Carbs	6.1 g
Fiber	0.6 g

## Health Benefit

[Low Cholesterol](#)

## Ingredients

2 tablespoons [unsalted butter](#)

4 [garlic cloves](#), halved

1 [medium yellow onion](#), halved

1 [large sweet potato](#), peeled

1 [large russet potato](#), peeled

[3/4 cup panko](#) (Japanese breadcrumbs)

3 [large eggs](#)

[1/4 cup green onions](#), thinly sliced

[1/4 cup parsley](#), minced

[1/2 teaspoon coarse salt](#)

1 [teaspoon freshly ground pepper](#)

2 [tablespoons olive oil](#)

Optional toppings: [sour cream](#), [apple sauce](#), [tahini](#), [Parmesan cheese](#)

## Directions

1. Preheat oven to 425°F. Grease large, rimmed baking sheet with butter and sprinkle with garlic clove halves. Set aside.

2. Grate onion using the large grate side of a box grater and put in a large bowl. Drain liquid from onions. Grate sweet potato and russet potato in same way and toss with the grated onion.
3. Add bread crumbs, eggs, green onions, parsley, salt, and ground pepper to the potato mixture and toss to combine. Scoop rounded tablespoonfuls of the potato mixture and flatten into ½"-thick pancakes, squeezing slightly to drain part of the liquid from each pancake. Arrange the latkes on the greased baking sheet and drizzle with olive oil.
4. Bake latkes for 15 minutes before flipping. Bake for an additional 15 minutes before removing from heat. Serve warm, with optional toppings.
5. Handy Hint: If baking the latkes in batches, refresh the baking pan with newly halved garlic cloves. There should be enough fat in the pan for two rounds of baking.

Nina Lincoff