

Parsnip, Celery Root Latkes FIT

Serving Size: 1 latke

Makes: 22 latkes

Ingredients:

2 ½ lb	Parsnips
1 ½ lb	Celery Root
12 each	Eggs
2/3 cup	All Purpose Flour
¼ cup	Parsley, chopped fine
¼ tsp	Kosher Salt
1 tsp	Ground Black Pepper
½ tsp	Baking Powder
As needed	Cooking Spray

Preparation:

1. Peel and trim parsnips and celery root.
2. Grate parsnips and celery root.
3. In a bowl, mix together parsnips, celery root, eggs, flour, parsley, salt, pepper and baking powder. Refrigerate for 30 minutes.
4. Portion parsnip mixture into 3 oz latkes, about 2/3 cup.
5. Prepare a skillet with pan spray and sear latkes until golden brown. Finish latkes in the oven if needed (internal temperature should be 155°F).

NUTRITION FACTS

PER SERVING

calories	90
total fat (g)	3
saturated fat (g)	1
trans fat (g)	0
sodium (mg)	100
total carbohydrate (g)	13
dietary fiber (g)	2
sugar (g)	3
protein (g)	4

 **RD APPROVED**



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