

Potato Pancakes

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Ingredients

1 $\frac{1}{4}$ lbs. uncooked potatoes, peeled and shredded
2 large egg whites
3 tablespoons all-purpose flour
2 medium uncooked scallion(s), minced
 $\frac{3}{4}$ teaspoons table salt
2 tablespoons canola oil

Method

1. Soak the potatoes in cold water 30 minutes; drain and blot dry. Preheat the oven to 375° F.
2. In a medium bowl, combine the potatoes, egg whites, flour, scallions and salt. Form into 12 pancakes.
3. In a large nonstick skillet over medium heat, heat one third of the oil. Cook the pancakes, 4 at a time, until just golden, about 2 minutes on each side; transfer to a baking sheet. Repeat with the remaining oil and pancakes.
4. Bake until crisp and cooked through, 5-7 minutes.

Notes

In this recipe, it's preferable to use starchy potatoes, such as russets or Idahos. But you can also use all-purpose Yukon Gold Potatoes, which have a medium amount of starch.

Prep

- Prep: 5 Minutes
- Cook: 7 Minutes
- Soak: 30 Minutes
- Total Time: 42 Minutes

Source: Weight Watchers New Complete Cookbook (Servings: 6 | Yield: 12 pancakes)