

SWEET POTATO LATKE CASSEROLE

A Healthy Holidays Recipe

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Makes: 6 Servings

Ingredients:

6 cups shredded sweet potatoes*
(about 1 1/2 lb. sweet potatoes)
1/2 yellow onion
4 eggs
1/2 cup flour
1/2 tsp. Salt
1/4 tsp. black pepper
Butter or oil for greasing the baking dish

Toppings (optional):

Unsweetened applesauce
Plain yogurt or sour cream

Instructions:

1. Preheat oven to 400 degrees F.
2. Grease a baking dish, such as an 8"x8" pan.
3. Scrub and shred the sweet potatoes; you can peel them or leave the skins on for extra fiber and nutrients.
4. Dice the half onion.
5. Crack the eggs into a large mixing bowl and whisk.
6. Add the sweet potatoes, onions, flour, salt and pepper. Mix until well combined.
7. Transfer the mixture to the greased casserole dish and bake for 50-60 minutes (checking halfway through), until bubbling and crispy.
8. Serve with your favorite toppings.



*White potatoes or shredded root vegetables can be substituted for some or all of the sweet potatoes.

Recipe adapted from www.abbysfoodcourt.com/