

Curried Sweet Potato Latkes

Peel and shred **1½ lb. sweet potatoes** (about 4 small) and transfer to a large bowl. Add **1 small grated onion**, **½ cup raisins**, and **⅔ cup flour**. Combine **3 beaten eggs** with **2 tsp. curry powder** and **1 tsp. kosher salt** in a small bowl; add to sweet-potato mixture and mix with your hands. Warm **2 Tbsp. olive oil** in a large skillet over medium-high heat. Drop **⅓ cupfuls** of mixture into skillet and fry, pressing with a spatula to flatten, until golden brown, 2 to 3 minutes per side. Keep warm in a 200°F oven until ready to serve. Serve with **sour cream**, if desired.

Per serving: 360 cal, 59g carbs, 10g protein, 11g fat, 140mg chol, 95mg sodium, 5g fiber

Apple and Honey Latkes

Peel and shred **1 large apple**. Wrap in a clean kitchen towel and twist over a bowl to wring out juice (drink juice or reserve for another use). Toss shredded apple with **2 Tbsp. flour** and **1 tsp. sugar** in a bowl. Stir in **1 beaten egg**; season with **kosher salt**. Warm **1 Tbsp. olive oil** in a large skillet over medium-high heat. Drop **¼ cupfuls** of mixture into skillet and fry until golden brown, 3 to 4 minutes per side. Keep warm in a 200°F oven until ready to serve. Top with **honey**.

Per serving: 220 cal, 31g carbs, 4g protein, 9g fat, 95mg chol, 330mg sodium, 2g fiber

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