

## Side Dishes

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# Potato Pancakes

**Servings: 4**

*Excahnages: One serving = 1 bread, 1/2 fat*

**1 pound potatoes, parboiled and peeled**

**1 teaspoon caraway seeds**

**1 tablespoon butter**

Let potatoes cool in refrigerator for one hour.

Grate on medium (tear-shaped) side of a grater.

Add caraway seeds and 1/2 tablespoon of butter. Melt remaining butter in 8" nonstick skillet and turn-in potatoes. Brown on one side, turn and brown the other side.

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Per Serving (excluding unknown items): 117 Calories; 3g Fat (22.9% calories from fat); 2g Protein; 21g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 36mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 1/2 Fat.