

# Oven-Roasted Sweet Potato-Parmesan Latkes

*Parade Magazine*

*2 large (about 1-1/2 lbs.) russet potatoes, unpeeled*  
*2 medium (about 1-1/2 lbs.) sweet potatoes, unpeeled*  
*2 teaspoons Kosher salt*  
*4 cloves garlic, minced*  
*1 teaspoon paprika (hot or sweet)*  
*1 teaspoon red pepper flakes*  
*1/2 cup finely grated Parmesan cheese*  
*3 large eggs, lightly beaten*  
*3/4 cup all-purpose flour*  
*1/4 cup vegetable oil*  
*2 tablespoons mayonnaise*  
*1 1/2 cups whole milk Greek yogurt*  
*juice and zest of 1 or 2 lemons*  
*Kosher salt (for seasoning)*

Preheat the oven to 450 degrees.

Line two baking sheets with parchment paper.

Grate the russet and sweet potatoes. Place in a large colander. Toss with a generous pinch of salt. Let stand 15 minutes, then firmly wring out the moisture.

Combine the potatoes with the garlic, two teaspoons of salt, paprika, red pepper flakes, Parmesan, eggs, flour, oil and mayonnaise. Using your hands, form the mixture into twenty-four small pancakes, squeezing out extra moisture as you go, if necessary, and placing the latkes on the prepared baking sheets.

Roast for 30 minutes, until browned, flipping the latkes halfway through.

Meanwhile, stir together the yogurt with the lemon juice, to taste. Season with salt and top with some of the zest. Serve with the hot latkes.

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Per Serving (excluding unknown items): 1652 Calories; 95g Fat (51.1% calories from fat); 37g Protein; 167g Carbohydrate; 13g Dietary Fiber; 646mg Cholesterol; 4173mg Sodium. Exchanges: 10 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 14 Fat.

Side Dishes

**Per Serving Nutritional Analysis**

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% Calories from Fat:	51.1%
% Calories from Carbohydrates:	40.0%
% Calories from Protein:	8.9%
Total Fat (g):	95g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	44g
Polyunsaturated Fat (g):	26g
Cholesterol (mg):	646mg
Carbohydrate (g):	167g
Dietary Fiber (g):	13g
Protein (g):	37g
Sodium (mg):	4173mg
Potassium (mg):	1708mg
Calcium (mg):	187mg
Iron (mg):	10mg
Zinc (mg):	4mg
Vitamin C (mg):	95mg
Vitamin A (i.u.):	53076IU
Vitamin A (r.e.):	5451 1/2RE

Vitamin B12 (mcg):	2.0mcg
Thiamin B1 (mg):	1.1mg
Riboflavin B2 (mg):	1.6mg
Folacin (mcg):	274mcg
Niacin (mg):	10mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	10 1/2
Lean Meat:	2 1/2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	14
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	1652	Calories from Fat: 844
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### % Daily Values\*

<b>Total Fat</b>	95g	146%
Saturated Fat	15g	73%
<b>Cholesterol</b>	646mg	215%
<b>Sodium</b>	4173mg	174%
<b>Total Carbohydrates</b>	167g	56%
Dietary Fiber	13g	52%
<b>Protein</b>	37g	

<b>Vitamin A</b>	1062%
<b>Vitamin C</b>	158%
<b>Calcium</b>	19%
<b>Iron</b>	56%

\* Percent Daily Values are based on a 2000 calorie diet.