

**FEBRUARY: Beet & Carrot Latkes (pancakes) •**

Kids will love this colorful twist on traditional latkes using beet and carrot.

Prep time: 30 mins Makes: 4 adult servings

**Ingredients:**

- 1 small onion
- 1 large egg
- 1/4 cup all-purpose flour
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 cups grated, oven baked\*, peeled local beet
- 2 cups grated, peeled carrot
- 1/4 cup canola oil



**Directions:**

Use a grater to grate onion into a bowl. Transfer to a clean kitchen towel, squeeze out any liquid, and then transfer onion back to bowl. Add egg, flour, salt and pepper, and toss until ingredients are well combined. Grate beets and carrots on tower grater to achieve long strands. Add grated beet and carrot to bowl, and toss until just combined.

Heat 2 tbsp of canola oil in a large frying pan on medium. Drop about 1/4 cup mixture into pan for each latke, and use the back of a spatula to compress it slightly.

Fry for 2 to 3 min per side or until latkes are browned and cooked through. Place on a paper towel-lined baking sheet. Repeat until all latkes are cooked, adding remaining 2 tbsp oil to pan as needed. Serve with plain Greek yogurt or sour cream for dipping if desired.

**\*NOTES:** One day prior to making recipe, wrap beets in heavy tin foil and bake at 375F for approx.45 minutes until nearly tender. Open foil, let cool. Cut tail end off, squeeze skin (jacket) from stem end until beet slides out of its skin. Refrigerate until use.



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**HOME SURVEY: Fill out and return this survey to your homeroom teacher.**

1. Did your children help prepare this recipe?  

<b>(circle one)</b>	YES	NO
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2. Did your family enjoy preparing this month's featured recipe?  

YES	NO
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3. Is this the first time your family members have tried this vegetable / fruit?  

YES	NO
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4. Did your family members learn new facts or information about this month's fruit or vegetable?  

YES	NO
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5. Did your family like this month's featured item?  

YES	NO
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