

Zucchini Latkes



INGREDIENTS

RECIPE YIELDS 4 SERVINGS

- 2 eggs
- 1 1/2 Tbsp olive oil
- 1/2 cup skim milk
- 1 1/2 cups self-rising flour
- 2 oz chopped smoked salmon
- 2 large zucchini, roughly grated
- 1 Tbsp chopped fresh dill plus dill sprig, for garnish
- Black pepper to taste
- 1/4 cup fat free sour cream plus sour cream, for garnish

Nutrition facts- Serving Size: 2 pancakes

Per serving: Calories:311, Total Fat:9g, Sat Fat:2g, Cholesterol:98mg,
Sodium:367mg, Total Carb:43g, Fibers:3g, Proteins:13g

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DIRECTIONS

1. In a large bowl, combine eggs, olive oil and milk, and stir until blended. Add flour and whisk until smooth. Stir in smoked salmon, zucchini, dill and black pepper to taste.
2. Coat a large skillet or griddle with nonstick cooking spray and heat over medium heat.
3. Pour batter by rounded tablespoonfuls onto skillet and cook 2 to 3 minutes, or until bubbles appear on top.
4. With a spatula, flip pancakes and cook another 2 to 3 minutes, or until lightly browned. Remove from skillet and keep warm. Repeat with remaining batter, coating skillet with nonstick cooking spray between each batch.
5. Serve warm garnished with a dollop of sour cream and dill sprig.