

SWEET POTATO LATKES



Sweet potatoes are a great alternative to white potatoes and are packed with nutrients. They are traditionally baked, roasted or mashed, but they can also be added to risotto, pasta or curry.

Here they are used to make delicious Latkes; a type of traditional Jewish potato pancake.



Skills Check: Follow a recipe; Follow food safety and hygiene rules; Tidy away; Chop using the bridge/claw technique safely; Use a box grater safely; Use measuring spoons and cups; Season to taste.

Equipment: Knife, box grater, chopping board, measuring spoons, baking tray, large bowl, baking paper, spatula, spoon, oven gloves.

Ingredients (serves 15):

- 1kg grated sweet potato
- 1 medium onion, chopped
- 2 medium eggs
- 25g wholemeal flour
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg

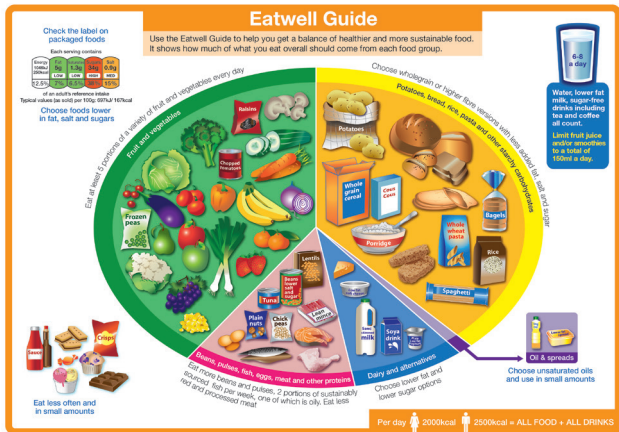
Method

1. Preheat oven to 180°C and place baking paper on to baking tray.
2. In a large bowl combine all prepared ingredients.
3. Scoop out a spoonful and place on to baking tray and flatten with spatula. Make sure you leave big enough spaces in between each one to avoid them sticking together.
4. Bake for 25 minutes until golden brown, turn over and bake for a further 10 minutes.



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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 85g serving

	ENERGY	339kJ / 81kcal	5%
LOW	FAT	1.1g	2%
LOW	SATURATES	0.3g	2%
LOW	SUGARS	4.1g	5%
MED	SALT	0.3g	7%

% of an adult's reference intake
Typical values per 100g : Energy 397kJ / 95kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage

So, thinking about Sweet Potato Latkes...

Sweet potatoes are a nutritious and filling starchy food; low in fat and a good source of beta-carotene (Vitamin A), vitamin C and fibre.



Eggs are an excellent source of protein, vitamins and minerals. Protein is essential for building and repairing our bodies.

