

# SCD Veggie Latkes

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*SCD side dish*



## **Ingredients:**

- 3 cups zucchini, shredded
- ½ Large cauliflower
- 5 Spring onions, chopped (white and light green parts)
- 2 Large eggs, whisked
- Salt and pepper to taste
- Grapeseed or olive oil for frying

## **Directions:**

- 1.) Shred zucchini in a food processor. Put in bowl with salt, let stand 15 minutes to draw out excess liquid.
- 2.) Place zucchini in nut bag and squeeze out excess moisture.
- 3.) Cut cauliflower in to florettes and steam until soft. Drain, cool, and mash. Squeeze out excess liquid in nut bag, just like the zucchini.
- 4.) In a large skillet, heat oil.
- 5.) Fry chopped onions until caramelized.
- 6.) In a large bowl, combine zucchini, cauliflower, onions, and eggs. Using your hands to mix this batter yields the best results.
- 7.) Add salt and pepper to taste.
- 8.) Add some more oil to large fry pan / skillet over medium heat.
- 9.) Add heaping teaspoons of the batter to the skillet. Flatten out with the back of the spoon.
- 10.) Cook the latkes on each side until golden brown and crispy.
- 11.) Remove latkes from pan and place on a paper towel lined plate to drain excess oil.
- 12.) Repeat steps 9 – 11 until all batter is used up.

## **Notes / Suggestions:**

- 1.) Remember, the only ingredient in this recipe that needs to be cooked is the egg. So, these do not have to cook for long. Therefore, turn over when browned to your liking.
- 2.) Serve with SCD applesauce, SCD berry sauce, and/or SCD yogurt.
- 3.) These can be made ahead of time and reheated in a 250 degree oven.
- 4.) Makes approximately 18 latkes.