

Zucchini-Potato Latkes with Tzatziki

A fresh take on a traditional dish.

Ingredients (Makes 4 servings)

1 pound zucchini, shredded
2 cups shredded cooked potato
2 medium shallots, minced, divided
1 egg, beaten
2 cups fresh whole-wheat breadcrumbs
1/2 cup crumbled reduced-fat feta cheese
2 tbsp chopped fresh dill, divided
1/2 tsp salt, divided
1/2 tsp freshly ground pepper, divided
2 tbsp extra-virgin olive oil, divided
1 cup low-fat plain yogurt
1/2 medium cucumber, peeled, seeded and shredded
1 tbsp red-wine vinegar

1. Preheat oven to 450° F. Coat a baking sheet with cooking spray.
2. Toss zucchini, potato, 3 tbsp shallot and egg in a large bowl. Add breadcrumbs, feta, 1 tbsp dill, 1/4 tsp salt and 1/4 tsp pepper; toss to combine. Form 12 patties.
3. Heat 1 tbsp oil in a large nonstick skillet over medium-high heat. Add 6 patties, cover and cook until crispy and browned on one side, 2 to 5 minutes. Carefully transfer the latkes to the prepared pan, browned-side down. Repeat with the remaining 1 tbsp oil and patties.
4. Transfer the latkes to the oven; bake until firm and heated through, 10 to 12 minutes.
5. Meanwhile, prepare tzatziki: Combine yogurt, cucumber, vinegar, the remaining minced shallot, 1 tbsp dill and 1/4 tsp each salt and pepper in a small bowl.
6. Serve the latkes with the tzatziki on the side.

Source: *EatingWell.com*