



Rainbow Potato Pancakes



Kids will “flip” for these flavorful pancakes named for their colorful ingredients. Each pancake packs in a full serving of vegetables! This recipe comes to us from our friends at the [United States Potato Board](#).

Ingredients: (makes 4)

- 2 medium potatoes
- 1 medium carrot
- 1 medium zucchini
- 1 red bell pepper
- 1 bunch green onions
- 1 large egg
- 2 tablespoons unseasoned dry bread crumbs
- Reduced-fat sour cream (optional)
- Salt, pepper and canola oil

Instructions:

Together: Prepare the shredded vegetables.

Kid: Enclose the three shredded vegetables in a clean kitchen towel; wring over sink to remove as much moisture as possible.

Kid: Place vegetables in large bowl and immediately mix in bell pepper, onions, egg, bread crumbs, salt, and pepper to blend thoroughly.

Adult: In large nonstick skillet, heat 2 teaspoons of the oil over medium-high heat.

Together: With 1/4-cup measure, portion mixture into skillet to make four pancakes, pressing down to flatten each mound to about 1/3 inch, and spacing apart.

Adult: Fry until well browned on bottom sides, about 4 minutes. Flip and brown reverse sides.

Adult: Remove with spatula and drain on paper towels. Repeat with remaining oil and potato mixture.

Together: Serve hot with sour cream, if desired.

Food For Thought!



Potato pancakes are an important food in many cultures, especially those in eastern Europe. In the Yiddish language, they are called latkes (laht-kuhs). Each culture prepares latkes according to a slightly different recipe. Some use coarsely grated potatoes while others use finely grated ones; some use flour or eggs and others don't. We like this recipe for its rainbow of vegetables! How do you like your latkes?

Cooking Tip of the Week

To keep grated potatoes from turning brown, immediately submerge the grated pieces in a bowl of cold water mixed with a teaspoon of lemon juice or vinegar.

Conversation Starter

What is your favorite family tradition?
Does it involve food?



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