**Potato and Beet Pancakes**

**Serves:** 8  
**Prep:** 10 minutes | **Cook:** 10 minutes

**INGREDIENTS**
- 2 russet potatoes, shredded  
- 1 cup of beets, shredded  
- ½ cup kimchi, chopped (optional)  
- ½ cup flour  
- 2 eggs  
- ½ tsp salt  
- 4 tbsp vegetable oil

**DIRECTIONS**
1. Squeeze all the water out of the shredded potatoes and beets.  
2. Mix the shredded potatoes, beets, kimchi, flour, eggs and salt together in a bowl. Form 2½ inch patties for frying.  
3. Heat the oil in a frying pan over medium heat. You know it’s hot enough when you drop a small piece of potato in the pan and bubbles form around it.  
4. Place the patties in the frying pan, no more than 3 or 4 at a time, and fry for 4-5 mins on each side until browned and crispy.  
5. Place the latkes on a wire rack to cool slightly before serving.

**Nutrition Information**

| Serving size: 1/8 of recipe | Calories | 151 | Total fat | 8.1 g | Saturated fat | 1.7 g | Cholesterol | 41 mg | Sodium | 204 mg | Carbohydrate | 16.7 g | Fiber | 2 g | Sugars | 2.4 g | Protein | 3.4 g |

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