



Sweet Potato Latkes W/Yogurt & Cashews & French Stew

Prep Time: 20 min / 30 min

Cook Time: 18 min / 18 min

Serves: 4

NUTRITION FACTS, PER SERVING:

789 Calories

47 g fat

950 mg sodium



INGREDIENTS: **** Items not included in kit**

We recommend doing the prep work for both dishes before cooking—steps 1, 6, and 7.

French Stew

- 1 cup delicata squash, cubed
- 2 medium yellow squash, sliced and quartered
- 1 diced red pepper
- 2 Jalapenos, diced
- 2 cloves garlic, minced
- 1 medium zucchini, sliced and quartered
- 1 cup diced onion
- 2 TB olive oil**
- 4 medium oranges, juiced (close to 1 cup)
- 2 tsp stew seasoning (1 tsp cumin seed, 1 tsp herbs de provence)
- Salt & pepper, to taste**

Sweet Potato Latkes

- 1 cup plain Greek yogurt
- 2 TB honey
- 1 tsp fresh lime juice
- 1 tsp lime zest
- 2 lbs. sweet potatoes, peeled, grated
- 2 large eggs
- 1/4 cup all-purpose flour
- 1/2 cup roasted & salted cashews
- 3/4 cup vegetable oil (or frying oil of choice)**
- Salt & pepper, to taste**

DIRECTIONS:

1. **French Stew (keep veggies separated):** Cut **delicata squash** in halves lengthwise and scoop out seeds. Slice into strips then cube—remove skin if preferred. Half **oranges** and juice. Mince **Garlic**. Slice **2 yellow squash** and **zucchini** into 1/4 inch rounds, then half. Halve the **red pepper**, remove the seeds and ribs with a knife, slice into strips then dice. Halve the **jalapenos**, remove the seeds and ribs with a knife, thinly slice into strips then dice. Use amount based on your spice preference. **(Wash your hands after touching the jalapenos and avoid touching your eyes.)**
2. Add **2 TB olive oil** in a large pot and heat to medium high. Add **1 cup diced onion** and cook until translucent.
3. Add each veggie at 2-minute intervals starting with **delicata squash, yellow squash, zucchini, jalapenos, red pepper**. Stir well.
4. Add **garlic, stew seasoning, and salt & pepper** to taste.
5. Moisten the mixture with **orange juice**, simmer for 5 minutes until tender. Once tender, leave in pot with lid to keep warm.
6. **Latkes:** Skin **sweet potatoes**, zest the **lime** then juice; set aside **1 tsp** of each. Preheat oven to 250 degrees Fahrenheit; line rimmed baking pan with parchment paper or foil. In medium bowl, stir **yogurt, honey, lime juice and lime zest**; cover and refrigerate. Makes about 1 cup.
7. With largest holes of a **box grater**, grate **potatoes**—or blend/chop finely—and wring out excess moisture with kitchen towel or cheesecloth (optional but recommended), use another **1/4 cup flour** and extra **salt** if choosing not to wring excess moisture. In large bowl, beat **eggs, salt & pepper**. Add **flour and potatoes**; toss.
8. In a large nonstick skillet, in 3 batches, heat **1/4 cup oil** over medium heat, Drop 1/4 cupfuls potato mixture into mounds in skillet. With spatula, press mounds into 3-inch patties; cook 6 minutes or until golden brown, turning once. Transfer latkes to baking pan; keep warm in oven. Makes 16 latkes.
9. Crush **cashews** and top latkes, serve with **yogurt**; serve with stew, re-heat on low if necessary.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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