

Passover Cupcakes

Root vegetables are an important part of the [Passover](#) meal, in part because these hardy vegetables are easily grown in Eastern and Western Europe and Russia--where approximately two-thirds of the modern-day Jewish population originated. These potato yogurt cupcakes are a healthy and delicious treat to be shared during this special Jewish holiday.

What You Need:

- 3 large potatoes
- 3 medium onions (chopped)
- 2 tablespoons butter
- 1 tsp sugar
- 1/2 tsp salt
- 3 tablespoons potato flour
- 3 eggs
- 120 oz. plain yogurt or sour cream (or 60oz from each)
- cupcake pan (12 holes)

What You Do:

1. Boil the potatoes for 30 minutes (whole with skin)
2. Meanwhile fry the onions in the butter and sugar until golden brown.
3. Peel and mash the potatoes and mix in the rest of the ingredients.
4. Preheat the oven for 300-350F (Medium heat)
5. Oil the cupcake pan so the cupcakes can be easily removed after baking. (If you're using one of those fancy silicon pans, skip this step)
6. Cook on medium heat for 40 minutes or until color is golden brown.



Author: Betty Goldwasser
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