

**AIR FRIED POTATO PANCAKES**

These potato pancakes are filling and delicious and are also oil and salt free. I adapted them from a recipe I found on the internet to ensure that they are a healthy way to enjoy this starchy staple. Makes 24.

**Ingredients**

* 4 large potatoes or 8 small potatoes, peeled and chopped
* 1 onion, finely chopped
* 2 cloves garlic, finely chopped
* 4 gherkins or 2 dill pickles, diced
* 2 green onions, chopped
* 1 Tbs. chickpea flour (or another gluten free flour on hand)
* 1 Tbs. fresh parsley, chopped
* Fresh ground pepper to taste (I did 10 turns of the pepper mill)

**Method**

1. Peel and dice potatoes and boil for 30 minutes. Drain and cool.
2. Fry onions in a little water for 10 minutes, then add garlic and continue frying for another 5 minutes. Set aside to cool.
3. In a large bowl, mash the potatoes.
4. Add onion, garlic, gherkins, green onions, flour, parsley and pepper.
5. Mix together all the ingredients.
6. With damp hands squeeze mixture into balls slightly larger than a golf ball and flatten.
7. Place on the air fry tray and air fry for 20 minutes at 400 degrees. Check them at this point. If they are not cooked to your liking, air fry for another 10 minutes.
8. Serve immediately or let cool and store in a glass covered dish in the fridge until ready to eat. You can heat them up again in the air fryer or microwave. Delish.