People who do not plan Chanukah properly, can easily gain up to 5 lbs. without even eating so much. (more if completely letting loose). Dieters need to take Chanukah very seriously.

Do not go to a party unless you have to.

Regarding to parties that you are obligated to go to, the following tips can help you avoid or at least minimize the damage.

1. Offer to bring (dietetic) food to the event
2. Eat before you go
3. Make yourself fleishig before a milchig party and vice versa (eat 6- hour cheese)
4. Rinse with mouthwash before the party (the taste may make it easier to hold yourself back from eating).
5. Come late and/or leave early
6. Drink a lot of seltzer/water/coffee
7. Don’t spend a lot of time by the table/food area.
8. Help with the serving and cleaning up during the event.
9. Take a 2-minute break in middle (by leaving, you give your willpower a chance to reset)
10. If you feel you must eat, choose protein, vegetables, and fruit over the other options.

**BAKED POTATO ZUCHINI LATKES**

Prep time: 15 min.

Cook Time: 15 min.

Yields: 8

**INGREDIENTS**

* 4 medium zucchinis, peeled and seeded
* 2 large potatoes
* 1 medium onion
* 1 whole egg
* 2 egg whites
* Salt & pepper to taste
* 1/3 cup matzo meal
* Pam

**INSTRUCTIONS**

Shred the zucchini, potatoes and onions in a food processor. Place the shredded vegetables in a clean dish towel and wring firmly to remove all excess moisture

Place the shredded vegetables in a large bowl. Stir in the egg, egg whites, and salt and pepper until well combined. Add 1/3 cup matzo meal and blend well

Coat a baking pan with 8 seconds of pam. Divide the batter into 8 separate latkes and flatten to form pancakes. Spray another 4 seconds of pam on top of the latkes. Bake in a preheated oven at 400 for 15 minutes or until the latkes are golden brown and the centers are cooked through. Serve hot.

Makes 8 latkes

Each latke count as 1 dinner side or 1 snack.