

Potato Cakes

Rating: ★★ ★

Makes: 7 servings

Ingredients

2 cups potatoes (cold, mashed, made from instant potato flakes)

1/2 cup flour (all-purpose, unsifted)

2 tablespoons onion (finely chopped)

2 tablespoons vegetable oil

Directions

1. Put mashed potatoes into a bowl.
2. Add flour and onion. Mix well.
3. Pat potato mixture on a lightly floured board until 1/2 inch thick.
4. Cut with a 3-inch-round cutter.
5. Place on a baking sheet, cover and refrigerate until just before cooking.
6. Heat oil in a frying pan or griddle.
7. Fry cakes over medium heat, turning to brown on both sides. Serve immediately.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	120	
Total Fat	4 g	7%
Protein	2 g	
Carbohydrates	17 g	6%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	210 mg	9%