

POTATO CAKES

4 Servings, 1 cake each

New potatoes, cooked, peeled, mashed	<u>2 cups</u>
Egg	<u>1</u>
Flour	<u>1 tablespoon</u>
Whole milk	<u>2 tablespoons</u>
Vegetable oil	<u>1/4 cup</u>

PREPARATION TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

1. Mix mashed potatoes, egg, flour, and milk thoroughly.
2. Shape into flat cakes, about 1/2-inch thick.
3. Heat oil in skillet.
4. Add potato cakes to hot skillet. Cook until golden brown and thoroughly heated.

PER SERVING:

<u>Calories</u>	<u>210</u>
<u>Total fat</u>	<u>15 grams</u>
<u>Saturated fat</u>	<u>3 grams</u>
<u>Cholesterol</u>	<u>54 milligrams</u>
<u>Sodium</u>	<u>222 milligrams</u>