



INGREDIENTS

- 1½ Pounds Potatoes (boiled, peeled and mashed)
- ½ Cup Onion (finely chopped)
- 1 Teaspoon Garlic (minced)
- ½ Cup All Purpose Flour (enriched or whole grain rich; plus more for coating)
- Pinch of Baking Soda
- 1 Tablespoon Lemon Juice
- ¼ Cup Grated Cheddar or Monterey Jack Cheese
- Salt and Pepper (to taste)
- ¼ Cup Olive Oil
- Optional toppings: peanut sauce, chopped tomato and red onion

DIRECTIONS

1. In a mixing bowl, combine the warm mashed potato, onions, garlic and mix well. Let the mixture cool a little.
2. Add the flour, grated cheese, baking soda, lemon juice salt and pepper. Mix well to combine everything. Knead the mixture for 2-3 minutes. Divide the dough into 8 equal pieces and roll into balls. Shape the potato pancakes and gently pat them into a small cake about ½-¾" thick and about 3" in diameter. Dredge all the sides of the potato cake in flour. Repeat with the remaining dough and dredge each in flour.
3. Heat oil in a heavy cast-iron pan or a nonstick pan on medium heat. Gently slide 2-3 pancakes into the hot oil and cook for 2-3 minutes or until golden brown on one side. Carefully flip and cook the other side for 2-3 minutes until golden. Remove the pancakes onto paper towel lined plate. Cool for 1-2 minutes. Repeat with the remaining pancakes.
4. Serve hot with optional toppings including peanut sauce, chopped tomato and red onions.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Breakfast

YIELD

8 Pancakes

PORTION SIZES

Toddler: ¾ Pancake
Preschool: 1½ Pancakes
School Age: 1½ Pancakes
Adult: 1½ Pancakes