

## Instant Potato Patties

*This recipe is a good source of calcium, which keeps bones and teeth strong.*

### Ingredients:

- 3/4 cup instant dry milk
- 1 1/2 cups instant potatoes
- 1 1/2 cups boiling water
- 1/2 teaspoon salt
- 1/4 teaspoon curry powder (optional)
- 1/2 teaspoon dried onion (optional)
- 2 medium or large eggs
- 1 1/2 cups bread crumbs
- 4 teaspoons vegetable oil

### Directions:

1. Place dried milk, instant potatoes and seasonings in a medium bowl.
2. Add boiling water and mix with a fork until the potatoes are light and moist.
3. Let set 5 minutes. Beat eggs in cup and stir into potatoes.
4. Divide potato mixture into 1/2-cup portions and flatten into 1/2-inch thick patties.
5. Coat both sides of each patty with breadcrumbs.
6. Heat oil in skillet on medium heat. Cook patties until brown on both sides.
7. Once, reconstituted potatoes should be cooked and served immediately.
8. Refrigerate leftovers within 2-3 hours

**Tips:** Instant potato patty mix can also be used as a topping for Shepherd's pie or like dumplings on top of stews. Cooked potato patties can be individually wrapped and frozen. They can be thawed and heated in the microwave.

### Bright Ideas:

<b>Nutrition Facts</b>			
Serving Size 2 patties (140g)			
Servings Per Container 5			
Amount Per Serving			
<b>Calories</b> 260	<b>Calories from Fat</b> 60		
% Daily Value*			
<b>Total Fat</b> 7g	<b>11%</b>		
Saturated Fat 1g	<b>5%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 70mg	<b>23%</b>		
<b>Sodium</b> 540mg	<b>23%</b>		
<b>Total Carbohydrate</b> 37g	<b>12%</b>		
Dietary Fiber 2g	<b>8%</b>		
Sugars 7g			
<b>Protein</b> 11g			
Vitamin A 2%	•		Vitamin C 20%
Calcium 20%	•		Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	•	Carbohydrate 4 • Protein 4

**10 patties, 2 patties per serving**

Source: OSU Extension, Lane County. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>