



Potato and Broccoli Cakes

Makes 4 servings

Ingredients

1 tablespoon olive oil
2½ ounces leeks, white part only, chopped finely
2½ ounces onion, chopped finely
1 large garlic clove, chopped finely
3 ounces broccoli, chopped finely

8 ounces russet potatoes, peeled
6 tablespoons shredded cheddar jack cheese
½ + ⅛ teaspoon kosher salt
4 tablespoons water

Instructions

1. In a medium skillet over medium heat, add the oil, leeks, onions and garlic and cook 4 minutes, until soft.
2. Meanwhile, chop the potatoes into ⅛-inch cubes.
3. Add the potatoes, ½ teaspoon salt and 2 tablespoons of water, cover and cook over medium-low heat until soft, about 10 minutes.
4. Add the broccoli, 2 more tablespoons of water, ⅛ teaspoon salt and cook, covered, for 15 minutes, stirring occasionally, until tender.
5. Let cool 10 minutes.
6. Add the cheese and roll into 4 balls, about ½ cup each. Flatten to form cakes.
7. To cook, heat a large skillet over medium heat, cook 4 to 5 minutes until the bottom is golden, gently flip and cook an additional 4 to 5 minutes.

Nutrition Facts

Serving size: 1 cake; calories per serving: 135; total fat: 6.5g; saturated fat: 2.5g; cholesterol: 9.5mg; sodium: 260mg; carbohydrates: 15.0g; fiber: 2.5g; protein: 4.5g; sugars: 2.5g

Source: www.skinnytaste.com

