

RECIPE BOX

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Mini Hash Browns

ACTIVE TIME about 25 minutes

TOTAL TIME about 1 hour

MAKES 6 side-dish servings

Method

1. Preheat oven to 450°F. Spray 1 lg. cookie sheet with nonstick cooking spray.

2. In lg. bowl, fold together 2 lbs. russet potatoes, peeled, shredded, and squeezed very dry; 2 lg. eggs, lightly beaten; 2 Tbsp. all-purpose flour; 2 Tbsp. melted butter; 1 tsp. salt; and mix-ins, right.

Divide evenly into 12 mounds on prepared cookie sheet; flatten into patties. Spray tops with nonstick cooking spray.

3. Bake 15 to 20 min. or until golden brown on bottoms. With thin spatula, turn patties over. Bake another 15 min. or until brown on bottoms. Serve immediately, or make ahead up to 2 hrs. and reheat in 350°F oven 10 min.

ZESTY HERB

MIX-INS In med. bowl, combine 1/4 c. loosely packed chopped dill, 2 Tbsp. finely chopped fresh flat-leaf parsley leaves, 2 Tbsp. snipped fresh chives and 2 tsp. grated lemon peel. Set aside half of herb mixture; stir remaining into potatoes. Before serving, sprinkle hash browns with reserved herb mixture.

EACH SERVING ■ About 185 calories, 5 g protein, 28 g carbohydrate, 6 g total fat (3 g saturated), 2 g fiber, 72 mg cholesterol, 450 mg sodium.

SPICY SOUTHERN

MIX-INS 1 sm. sweet potato, peeled, shredded, and squeezed dry; 3 green onions, thinly sliced; and 1/2 tsp. cayenne (ground red) pepper.

EACH SERVING ■ About 200 calories, 5 g protein, 31 g carbohydrate, 6 g total fat (3 g saturated), 3 g fiber, 72 mg cholesterol, 455 mg sodium.

SMOKY RED PEPPER

MIX-INS 1 sm. red pepper, seeded and very thinly sliced; 1/2 sm. red onion, very thinly sliced; and 1/2 tsp. smoked paprika.

EACH SERVING ■ About 190 calories, 5 g protein, 29 g carbohydrate, 6 g total fat (3 g saturated), 2 g fiber, 72 mg cholesterol, 450 mg sodium.

GARLICKY BROCCOLI CHEDDAR

MIX-INS 1 1/2 c. broccoli florets, finely chopped; 2 cloves garlic, crushed with press; and 1/4 tsp. black pepper. After flipping hash browns, top each with 1 Tbsp. shredded sharp Cheddar cheese before returning to oven.

EACH SERVING ■ About 245 calories, 8 g protein, 29 g carbohydrate, 11 g total fat (6 g saturated), 2 g fiber, 85 mg cholesterol, 545 mg sodium.



BOXING DAY

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