

Potato and Cheese Pancakes

The smokey cheese adds another element of flavour to these crisp pancakes. Serve with sour cream and salsa on their own or as an accompaniment to chicken, fish or beef.

2 long Ontario potatoes, peeled
1/2 cup (125 mL) shredded smoked provolone or old cheddar cheese
1 egg
2 cloves garlic, minced
1 tbsp (15 mL) chopped fresh parsley and basil
1/4 tsp (1 mL) each salt and pepper
1 tbsp (15 mL) each butter and vegetable oil



In saucepan bring water to boil. Add potatoes and boil for 10 minutes. Drain and let cool slightly. Grate potato into bowl. Add cheese, egg, garlic, parsley and basil, salt and pepper and stir until combined.

Heat butter and oil in nonstick skillet over medium high heat. Using 1/4 cup (50 mL) of the mixture, place in pan and flatten slightly to form pancake. Cook, turning once for about 10 minutes or until golden brown and crisp. Repeat with remaining mixture.

Per 1 pancake serving: 110 calories, 4 g protein, 6 g fat, 11 g carbohydrates, 1 g fibre, 140 mg sodium, 200 mg potassium

Source of Vitamins B12 and C, Source of Calcium