



Potato-Veggie Cakes

- 1 1/2 lb Potatoes, peeled and cubed
- 2 oz Mixed veg. (peas, carrots, corn...)
- 3/4 cup Lightly Salted Breadcrumbs
- 3/4 cup Unbleached flour
- 1/2 cup Water
- 1/4 cup Vegetable oil
- Salt and pepper to taste

Soak potatoes in salted water for 5 minutes. Boil for about 12-15 minutes until tender and then drain. Mash well, add veggies, salt and pepper. Shape into small patties (as pictured) and cool. Dissolve 1/4 cup of flour in water. Coat the patties with the remaining flour and then dip in dissolved flour. Coat the wet patties well with breadcrumbs. Heat the oil in a frying pan and brown patties on both sides until golden brown. Enjoy!



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SERVING SUGGESTION

LIGHTLY SALTED ORGANIC Breadcrumbs

Perfect for Stuffings, Casseroles...

Ingredients: Organic Wheat Flour, Yeast, Salt, Organic Expeller-Pressed Palm Oil.

May contain traces of sesame seeds and soy.

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Nutrition Facts: Serving Size 1/3 cup (30g) Servings Per Container: about 14 **Calories** 110 **Fat Cal.** 5 **Total Fat** 1g (2%*DV*), **Saturated Fat** 0g (0%*DV*), **+Trans fat** 0g, **Cholesterol** 0mg (0%*DV*), **Sodium** 110mg (4%*DV*), **Carbohydrate** 22g (7%*DV*), **Fiber** 1g (4%*DV*), **Sugars** 2g, **Protein** 4g, **Vitamin A** (0%*DV*), **Vitamin C** (0%*DV*), **Calcium** (0%*DV*), **Iron** (0%*DV*)

Percent Daily Values (DV) are based on a 2000 calorie diet.

SEE RECIPE ON SIDE!

NET WT 15 OZ 425g

