

Pork

Meat Croquettes

1/2 teaspoon salt

1/4 teaspoon pepper

2 teaspoons onions, grated

2 cups cooked meat, chopped or diced

2 eggs

1 cup breadcrumbs

Combine all ingredients; chill.

Shape into patties or croquettes. Roll in egg and breadcrumbs.

Fry in deep hot fat or cooking oil (375 to 385 degrees) until browned.

Yield: 12 croquettes

Per Serving (excluding unknown items): 152 Calories; 10g Fat (60.9% calories from fat); 13g Protein; 2g Carbohydrate; trace Dietary Fiber; 424mg Cholesterol; 1206mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1 Fat.