

Ham 'N' Potato Cakes

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*1 cup chopped cooked ham
1/2 cup Cheddar cheese, shredded
2 1/2 cups mashed potatoes
3 tablespoons flour
1 egg, beaten
1 tablespoon olive oil*

In a bowl, fold the ham and Cheddar cheese into the mashed potatoes. Stir in the flour and egg.

Form the mixture into small patties.

Heat the olive oil in a skillet over medium heat. Cook until brown, about 3 minutes per side.

Per Serving (excluding unknown items): 922 Calories; 49g Fat (47.7% calories from fat); 33g Protein; 88g Carbohydrate; 10g Dietary Fiber; 282mg Cholesterol; 1651mg Sodium. Exchanges: 5 1/2 Grain(Starch); 3 Lean Meat; 7 1/2 Fat.