



Potato Cakes

Ingredients:

- 8 cups frozen shredded potatoes
- 4 eggs, lightly beaten
- 1/2 cup flour
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground pepper
- Spray oil

Mindful Tips

Potatoes are naturally free of fat, sodium and cholesterol, and are a good source of potassium, fiber, vitamin C, and iron! Buy low-sodium frozen shredded potatoes, or shred your own.

Learn more at
mindful.sodexo.com

Directions:

- Combine potatoes, beaten eggs, flour, salt and pepper in a large bowl and stir until well combined.
- Heat a large skillet or griddle and spray with non-stick spray oil.
- Using a 1/4 cup measure, scoop potato mixture onto pan.
- Cook on medium-high heat until golden brown, about 3 minutes.
- Turn cakes and press down with a spatula, flattening them as much as possible. Cook until golden brown.
- Serve 2 pancakes per person and top each pancake with 2 Tbsp of ham and sauerkraut topping or BBQ-curry chicken topping (recipes on back).

Serves 8.

Nutrition per serving: 150 calories, 2 g fat (0.5 g sat fat), 22 g carb (1 g fiber), 9 g protein, 75 mg cholesterol, 640 mg sodium



Black Forest Ham & Sauerkraut Topping

Ingredients:

- 2 cups sauerkraut in white wine, drained.
- 4 thin slices Black Forest Ham
- 1 tsp preferred mustard
- 1 tsp fresh thyme

Directions:

- In a large bowl, combine sauerkraut and ham.
- Add mustard and thyme.
- Stir gently and serve.

Tops 16 potato cakes.

BBQ-Curry Chicken Topping

Ingredients:

- 3 Tbsp. ketchup
- 4 tsp. curry powder
- 3 Tbsp. barbecue sauce
- 2 Tbsp. balsamic vinegar
- 12 oz. shredded chicken

Directions:

- Combine all ingredients in a saucepan.
- Cook on low heat, stirring occasionally, until warm throughout.

Tops 16 potato cakes.

The **Swamp Fox Restaurant and Bar**, named for Revolutionary War hero, General Francis Marion, features classic Southern cuisine. The menu emphasizes farm to table practices using locally grown fruits and vegetables with respect to the traditional beloved flavors and techniques of the Old South.