Crisp Potato Cakes
_in a new light_

Makes: 12 servings
Prep Time: 10 minutes
Cook Time: 30 minutes
Difficulty: Easy

**Ingredients:**

- 1 pound medium-starch potatoes, such as Yukon Gold or all-purpose, cut into 1-inch chunks (leave skins on if possible for a little extra fiber)
- 5 tablespoons plain nonfat Greek yogurt
- 1 large egg, lightly beaten
- 2 tablespoons minced fresh chives, or 1 tablespoon dried
- 1 tablespoon dried minced onion
- 1/2 teaspoon seasoned salt
- 1 cup panko breadcrumbs
- 2 tablespoons olive oil, divided
- 2 tablespoons canola oil, divided

**Directions:**

Bring potatoes and enough water to cover to a boil in a large saucepan. Reduce heat and simmer until potatoes are fork-tender, 15–20 minutes. Drain; return potatoes to the pot. Mash with yogurt, egg, chives, onion, and salt. Let mixture cool 10 minutes, then shape into 12 (3-inch) patties. Place the panko crumbs on a sheet of wax paper and dredge patties into crumbs.

Heat 1 tablespoon olive oil and 1 tablespoon canola oil in a large nonstick skillet over medium-high heat. Add half of the patties and cook until browned and crisp, 3–4 minutes per side. Carefully transfer patties to a serving platter. Repeat with remaining olive oil, canola oil and patties. Serve hot.

**Nutritional Information:** Per serving (1 potato cake): 100 calories, 5 g fat (0.5 g saturated, 0 g trans), 20 mg cholesterol, 100 mg sodium, 12 g carbohydrate, 1 g fiber, 3 g protein.