

Corn and potato cakes

Food Foundations • another NAQ Nutrition program

Ingredients – serves 20

Serves: 20

- 9 cups of mashed potato (or sweet potato)
- 1 ½ cups grated cheese
- 1 ½ cups corn (frozen/canned)
- 3 eggs
- 2-3 teaspoons oil
- Herbs if desired



Method:

1. In a bowl, mix mashed potato, cheese, corn and egg until well combined. Stir in herbs if desired.
2. Spoon mixture into 20 cakes.
3. Heat a non-stick fry-pan over medium heat. Heat oil and cook a few minutes on each side until golden brown.

Food Group	Serves provided per portion
Vegetables and legumes	1.9
Milk, yoghurt and cheese	0.35