

Prep time: 20 minutes

Cook time: 15 minutes

Total time: 35 minutes

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Description

These Cheesy Potato and Spinach Patties are the ultimate comfort food with a nutritious twist. Crispy on the outside, fluffy and cheesy on the inside, they are a fantastic way to use up leftover mashed potatoes or to get a healthy dose of greens into your family's meal. Perfect as a side dish, a vegetarian main, or a crowd-pleasing appetizer.

Ingredients

- 2 cups mashed potatoes (cold or at room temperature work best)

- 1 cup fresh spinach, finely chopped (or 1/2 cup frozen spinach, thawed and squeezed dry)
- 1 ½ cups shredded sharp cheddar cheese
- ½ cup grated Parmesan cheese
- 1 large egg, lightly beaten
- 2-3 green onions, finely sliced
- 2 cloves garlic, minced
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon smoked paprika
- ¼ teaspoon onion powder
- ½ cup all-purpose flour (plus extra for dusting)
- 1 cup panko breadcrumbs (or regular breadcrumbs)

- ¼ cup vegetable oil, for frying (or more as needed)

Equipment

- Large mixing bowl
- Colander (if using frozen spinach)
- Cutting board and knife
- Measuring cups and spoons
- Large skillet or frying pan
- Spatula
- Plate lined with paper towels

Instructions

Step 1: Prepare the Spinach (Time: 5 minutes | Intensity: Low)

If you are using fresh spinach, wash it thoroughly, pat it dry, and chop it finely. If you are using frozen spinach, thaw it according to the package directions and then squeeze out as much excess water as possible using a clean kitchen towel or paper towels. Excess moisture

is the enemy of a crispy patty!

Step 2: Combine the Ingredients (Time: 10 minutes | Intensity: Medium)

In a large mixing bowl, combine the cold mashed potatoes, prepared spinach, shredded cheddar cheese, grated Parmesan cheese, beaten egg, sliced green onions, minced garlic, salt, black pepper, smoked paprika, and onion powder. Mix everything together until well combined. The mixture should be moist but hold together when pressed. If it feels too wet, add a tablespoon or two of flour until it reaches the right consistency.

Step 3: Form the Patties (Time: 5 minutes | Intensity: Medium)

Using your hands, scoop out about 2-3 tablespoons of the potato mixture and shape it into a patty about ½ inch thick. Repeat with the remaining mixture. You should get about 10-12 patties.

Step 4: Set Up the Coating Station (Time: 2 minutes | Intensity: Low)

Set up a small assembly line. Place the ½ cup of flour in a shallow dish. In another dish, place the panko breadcrumbs. Lightly beat the second egg in a third dish (if using). For this recipe, we will use a simple flour coating to keep it light.

Step 5: Coat the Patties (Time: 3 minutes | Intensity: Medium)

Gently dredge each patty in the flour, shaking off any excess. This helps create a crispy exterior.

Step 6: Fry the Patties (Time: 15 minutes | Intensity: High)

Heat the vegetable oil in a large skillet over medium-high heat. To test if the oil is ready, drop a small pinch of breadcrumbs into the pan; if it sizzles immediately, you're good to go.

Carefully place the patties in the skillet, making sure not to overcrowd the pan. You may need to cook them in batches. Fry for 3-4 minutes per side, or until they are golden brown and crispy. Flip carefully with a spatula.

Step 7: Drain and Serve (Time: 2 minutes | Intensity: Low)

Once the patties are golden and crispy, transfer them to a plate lined with paper towels to drain any excess oil. Serve immediately while hot. They are delicious on their own or with a dollop of sour cream or a side of applesauce.

Recipe Intensity Level: Medium

This recipe is rated Medium in intensity. While the steps are straightforward, it requires some multitasking, such as mixing ingredients, forming patties, and managing the frying process to ensure they cook evenly without burning. The most demanding part is the frying stage, which requires close attention.

Nutrition Information (per patty, based on 12 patties)

- Calories: 195
- Total Fat: 11g
- Saturated Fat: 5g
- Cholesterol: 45mg
- Sodium: 350mg

- Total Carbohydrates: 16g

- Dietary Fiber: 1g

- Sugars: 1g

- Protein: 8g