

Potato and Pumpkin Cakes



Ingredients:

- 2 large potatoes, peeled and diced
- 1 carrot, peeled and diced
- 2 cups pumpkin, peeled and diced, or 1 cup pumpkin puree
- 1 egg
- 1 1/2 cup bread crumbs, your flavor of choice
- 1/2 teaspoon nutmeg, ground
- 1 teaspoon cinnamon, ground
- 1/2 teaspoons ginger, ground
- 1/4 teaspoon cayenne pepper
- 6 cups water
- 2 tablespoons salt
- Cooking spray or parchment paper

Directions:

1. Heat oven to 400 F. Spray a baking sheet with cooking spray, or line with parchment paper.
2. Place 6 cups of water and 2 tablespoons of salt in a pot and add potatoes, carrots, raw pumpkin. Bring to a boil, then reduce heat to a simmer for about 15 minutes, until the potatoes and pumpkin are tender.
3. Drain water from the boiled potato mixture and place the vegetables in a bowl. Mash the vegetables to desired consistency.
4. Add the bread crumbs, egg, spices, and pepper. Mix well.
5. Scoop a golf ball sized portion and form a 1/2-inch patty. Place patties on the baking sheet.
6. Bake for 5-8 minutes on each side, until crispy and golden brown.
7. Serve immediately.

Makes 16 cakes



Tarrant County Public Health
<http://health.tarrantcounty.com>