

cheesy hash browns

Serves: 6

Prep and Cook time: 15 min

Per serving: 476 calories, 26 g fat, 330 mg sodium

4 potatoes, peeled

1 1/4 cups grated Cheddar cheese

1/4 cup vegetable oil, plus extra if needed

1. Preheat the oven to 325° F. Line a baking sheet with paper towels.
2. Coarsely grate the potatoes, then use your hands to squeeze out as much excess liquid as possible and transfer to a bowl. Stir in the Cheddar and season to taste.
3. In a large nonstick skillet, heat 2 TBS of the oil over medium heat until shimmering but not smoking. Place four 1/4 cup portions of the potato mixture in the pan and flatten each with a spatula.
4. Cook until browned on one side, about 2 minutes. Flip and cook the other side for an additional 2 minutes.
5. Transfer the hash browns to the baking sheet and place in the oven to keep warm. Repeat with additional the remaining mixture for 2 more batches, reheating and adding more oil between batches if necessary.

Vary It! Use this recipe to smuggle more delicious veggies into your kid's diet! Grate in a little onion, carrot, or zucchini, or add some finely chopped red or green bell pepper, or ham.

