

Vegan Hash Brown Patties

Swick

Makes 18 small patties | Active Time: | Total Time: 50 minutes

Chef's Notes

NOTES:

You can also cook the patties in a non-stick skillet with avocado or olive oil. Cook for about 4-5 minutes per side over medium heat.

Nutrition: 1 of 18 servings

Calories 47 | Total Fat 2.1g | Saturated Fat 0.2g | Cholesterol 0mg | Sodium 4.9mg
| Total Carbohydrates 6.1g | Dietary Fiber 1.2g | Total Sugars 0g | Protein 1.3g |
Calcium 14.5mg | Iron 1.6mg | Potassium 200mg |

Step 1: Make the Patties

- 3 large white or yellow potatoes
- 2 teaspoons garlic powder
- 3 tablespoons olive or avocado oil
- 1 ½ teaspoon sea salt
- ½ teaspoon cracked black pepper

Preheat your oven to 350° F (175°C) and grease a baking sheet well. Wash and scrub the potatoes, then grate each one on the large side of a box grater.

Transfer to a strainer and rinse the grated potatoes, then transfer to a bowl of cold water to sit for 5 minutes.

Drain the water and squeeze the potato shreds as thoroughly as you can (cheesecloth works well for this). Then, combine potatoes, garlic, salt, and pepper in a bowl.

Add small mounds of potatoes to the baking sheet. Even out the edges and gently press down on them to form patties.

Bake for 20 minutes, carefully flip, and brush with more oil. Bake another 15-20 minutes, or until golden and crispy. Enjoy while warm with ketchup, dairy-free sour cream, or Sriracha. Enjoy!