



RHODE ISLAND COMMUNITY
FOOD BANK

HEART HEALTHY RECIPE

Hash Browns with Spinach

Original recipe adapted from “inspired-recipes.com”

Approximate cost of the recipe: \$4.36 or \$1.45 per serving (Serves 3)

Ingredients:

- 3 medium potatoes – grated
- ½ cup spinach leaves – chopped
- ½ medium onion – chopped finely
- ½ carrot – grated
- 1 ½ Tbsp. corn starch
- ½ tsp. red chili powder
- Salt – to taste
- Olive oil – as needed to fry



Preparation:

1. In a bowl, mix grated potatoes, spinach, onion, and carrot.
2. Squeeze the veggie mixture to remove moisture.
3. Add red chili powder, corn starch, and salt – mix well.
4. Form the mixture into patties.
5. Heat olive oil in a pan for shallow frying.
6. Heat the patties on medium-high heat for a few minutes on each side until brown.

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