



Jicama Hash Brown Patties



1/2 of recipe (1 hash brown): 130 calories, 6.5g total fat (1g sat. fat), 350mg sodium, 13g carbs, 6.5g fiber, 2.5g sugars, 4g protein

Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

2 cups peeled and grated jicama
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
1 tbsp. olive oil, divided

Seasonings:

1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. salt
1/4 tsp. black pepper

Optional dip: ketchup

Directions

Using a clean dish towel (or paper towels), firmly press out as much liquid as possible from jicama in a strainer — there will be a lot of liquid. (See HG Tip below.)

Place jicama in a medium-large bowl. Add egg whites/substitute and seasonings. Mix until uniform.

Spray a skillet with nonstick spray, and drizzle with 1 1/2 tsp. olive oil. Bring to high heat. Once oil begins to bubble, immediately reduce to medium-high heat.

Form 1/2 of the jicama mixture into a mound in the skillet. Flatten into a large patty about 1/4 inch thick. Cook until slightly crispy, lightly browned, and cooked through, about 3 minutes per side, flipping carefully. Transfer to paper towels to soak up excess oil.

Repeat this process with remaining 1 1/2 tsp. olive oil and jicama mixture, adding the oil carefully to avoid splattering, for a total of 2 hash browns. (Keep an eye on it... It'll likely cook faster than the first one.)

MAKES 2 SERVINGS

HG Tip: Great kitchen hack! To easily remove extra liquid from the jicama, place it in a [salad spinner](#) before pressing it with a towel.

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