

# Kitchen Korner

## Corn And Peppers Add Zest To Potato Cakes

(NAPSA)—You can bring life to leftovers by adding new flavors and ingredients.

For example, leftover mashed Idaho Potatoes can reappear as zesty potato pancakes studded with Southwest corn and multi-colored peppers. These are baked, not fried, yet they still brown nicely. Serve with a dollop of reduced-fat sour cream, if you like.

### Zesty Idaho Potato Cakes

- Cooking spray**
- 2 cups leftover mashed Idaho Potatoes (homemade works best)**
- ½ cup corn kernels (if frozen, thaw first, then squeeze out excess water)**
- ½ cup frozen, diced red and green sweet peppers (thaw, then squeeze out excess water)**
- 1 egg white**
- ½ cup shredded taco cheese (cheese blend with added seasonings)**
- 4 tablespoons all-purpose flour**
- 1 tablespoon minced, dried onion**
- 1 teaspoon salt**
- ¾ teaspoon chili powder**
- ½ teaspoon ground cumin**
- Optional garnish: ¼ cup shredded taco cheese**

**Preheat the oven to 375°F. Coat a baking sheet with a liberal amount of cooking spray.**

**In a medium mixing bowl, combine all ingredients and mix well with a fork or wooden spoon.**



**Combining flavors and ingredients in new ways can give leftovers a new life.**

**Spray a ½-cup measuring cup with cooking spray. Using the cup, scoop up the potato mixture and level it off with your clean hand. Invert the filled cup over the prepared baking sheet to release the potato mixture. Continue to scoop, making 8 portions (you may need to respray the cup once or twice to help release the potato mixture). Gently press the portions with your palm to form pancakes about ¾-inch thick.**

**Spray the tops of the pancakes lightly with cooking spray. Bake for 20 minutes. Using a metal spatula, flip the pancakes and bake another 15 minutes. Transfer pancakes to a serving platter using the spatula, then sprinkle them with additional taco cheese, if desired. Serve hot.**

**Serves 4.**

**For more ideas, visit [www.idahopotato.com](http://www.idahopotato.com).**

**Approximate nutritional analysis per serving: 198 calories, 17 mg cholesterol, 979 mg sodium, 8 g protein, 6 g fat, 31 g carbohydrates.**