

# #QUARANTINE KITCHEN

Budget-Friendly Recipes  
Using Canned & Dry Foods

## Sweet Potato Patties *(Makes about 6 servings.)*

### Ingredients

- 1 can (15-oz.) sweet potatoes
- 1 c. crushed bread crumbs
- 1 Tbsp. vegetable oil

### Directions:

1. Place sweet potatoes in medium bowl and mash with a fork.
2. Put the crushed bread crumbs in a small bowl.
3. Shape the sweet potatoes into 6 small patties.
4. Roll each patty in bread crumbs.
5. Heat oil in pan on medium heat.
6. Brown each patty on both sides in oil.

TIP: Try adding some finely chopped apple to the sweet potatoes.

Nutrition info: Serving size: 1 patty, Calories: 160, Total Fat: 3.5 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Sodium: 160 mg, Total Carbohydrate: 30 g, Dietary Fiber: 3 g, Sugars: 5 g, Protein: 3 g. *Recipe adapted from SNAP-ED Connection Recipe Finder.*

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