

Potato Cakes with Fried Egg



Servings: 4

1 pound potatoes

2 green onions, sliced

2 tablespoons black olives, pitted and chopped

1 tablespoon parsley, chopped

1 3/4 ounces parmesan cheese, grated salt and pepper, to taste

5 large eggs

1 tablespoon all-purpose flour

3 tablespoons olive oil

Scrub your potatoes clean. Boil the potatoes in their skins in salted water for 15 minutes or until tender. Drain and allow to cool slightly.

Mash your potatoes to desired consistency. Add green onions, black olives, parsley, and half of the parmesan cheese. Season with salt and pepper.

Stir in 1 egg and mix into the potatoes along with all-purpose flour.

Form the potato mixture into 8 flat cakes. Space the potato cakes out on a plate and chill for 1 hour or overnight.

Place the potatoes cake on a baking tray lined with aluminum foil. Brush each potato cake lightly with olive oil.

Bake in a 350°F oven for 20 minutes or until golden brown and warmed through.

In a frying pan heat 1 tablespoon of olive oil. Crack 4 eggs into the frying pan and cook until the whites are set and the yolk is still liquid (sunny side up). For over easy, over medium, or over hard, cook the egg until the whites are 50-75% set, then flip the egg and continue cooking on the second side until the yolk is cooked to your desired doneness.

Place your egg over your pair of potato cakes. Garnish with remaining parmesan cheese and parsley.

Serve

Per Serving (excluding unknown items): 333 Calories; 20g Fat (54.4% calories from fat); 15g Protein; 23g Carbohydrate; 3g Dietary Fiber; 241mg Cholesterol; 297mg Sodium; 1g Total Sugars; 1mcg Vitamin D; 207mg Calcium; 3mg Iron; 598mg Potassium; 279mg Phosphorus. Exchanges: .