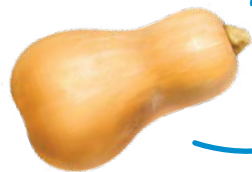


Potato and Squash Röstis

Preparation time	25 minutes
Cooking time	30 minutes
Servings	4 portions (2 röstis each)
Cost per serving	\$1.24
Storage	3 days in the fridge. Can't be frozen. Röstis are tastier when eaten the same day.
Kitchen tools	Cutting board, sharp knife, vegetable peeler, grater, measuring cups and spoons, medium-size pot, clean dish towel, large bowl, fork, frying pan, spatula, baking sheet.



Ingredients



500 ml (2 cups) **butternut squash**, peeled and grated (about 250 g / ½ lb)

THE REMAINING SQUASH CAN BE USED IN A STEW OR A SOUP, OR MASHED ALONG WITH POTATOES!



500 ml (2 cups) **potatoes**, peeled and grated (2 to 3 potatoes)



9 eggs



60 ml (¼ cup) **all-purpose flour**



2 garlic cloves peeled and minced



30 ml (2 tbsp) **dried parsley**



10 ml (2 tsp) **paprika**

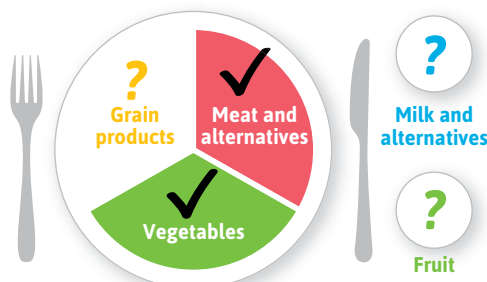


Salt and pepper to taste



45 ml (3 tbsp) **butter** or non-hydrogenated margarine

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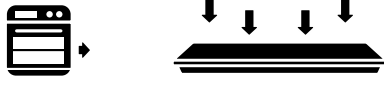


Balanced plate

Serve with:

- ? A grain product (toast or a home-made muffin, for example)
- ? Vegetables (salad or raw vegetables, for example) to round out the serving
- ? A glass of milk or fortified soy beverage

Directions

1	Place oven rack in the middle position and preheat the oven to 200°C (400°F).	
2	Place the grated butternut squash and potatoes on a clean dish towel or paper towels. Gather the sides of the towel to form a bundle with the vegetables inside and squeeze the towel over the sink to drain the excess water from the vegetables.	
3	Place the vegetables in a large bowl and add 1 egg , the flour , garlic , dried parsley , paprika , salt and pepper . Mix well with a fork.	
4	Melt 15 ml (1 tbsp) of butter or margarine in a frying pan over medium heat.	
5	Divide the vegetable mixture into 8 parts. Using a spoon, put 4 of them into the frying pan and flatten each one with the back of the spoon to make thin patties (about ½ cm thick). Cook for about 5 minutes on each side, or until they are golden brown. Repeat with the remaining 4 parts.	
6	Place the patties on a baking sheet and continue cooking in the oven for 5 minutes.	
7	Meanwhile, melt 7.5 ml (½ tbsp) of butter or margarine in a large frying pan and fry 4 eggs , flipping them and breaking the yolks. Repeat with the 4 remaining eggs.	
8	Remove the patties from the oven and place a cooked egg on top of each patty.	

My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition