

Lemmai & Kamuti Hash Browns

Makes
10 servings

Prep time
15 minutes

Cook time
10 minutes

Good source of
Fiber
Potassium

Ingredients:

- 1 small lemmai (bread fruit), peeled
- 1 small kamuti (sweet potato, peeled)
- ¼ cup yellow onion, diced
- ¼ cup cornstarch
- ½ tsp. salt
- ¼ tsp. black pepper
- ½ tsp. garlic powder
- 1 large egg, beaten
- 2 Tbsp. vegetable or canola oil

Nutrition Facts

10 servings per container
Serving size 1 patty (117g)

Amount per serving
Calories **150**

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 135mg	6%
Total Carbohydrate 30g	11%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 1mg	6%
Potassium 490mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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Directions:

1. Prepare the lemmai and kamuti by grating them using a manual grater, or chopping and shredding into shoestring size.
2. In a medium bowl, combine the grated lemmai, grated kamuti, onion, cornstarch, salt, black pepper, garlic powder, and egg and mix well.
3. Heat vegetable oil in a pan over low heat.
4. Scoop ¼ cup of the mixture and place in the pan. Gently flatten with the back of a spatula.
5. Cook the hash brown for about 3 to 4 minutes, or until golden brown. Gently flip and cook the other side an additional 3 to 4 minutes, or until golden brown.
6. Repeat with remaining ingredients. Serve hot. Refrigerate any leftovers.

