

Kangkong Veggie Patties

Makes
24 patties

Prep time
20 minutes

Cook time
20 minutes

Good source of
Protein

Low in
Saturated Fat

Ingredients:

- 1 cup chopped leafy greens, i.e. kangkong, pechay, pumpkin tips
- 1 ¼ cups frozen mixed vegetables
- ¼ cup chopped red bell pepper
- ¼ cup chopped yellow onion
- 1 cup all-purpose flour
- ½ Tbsp. baking powder
- ½ tsp. garlic powder
- ½ tsp. black pepper
- ½ tsp. salt
- ¼ cup water
- 1 large egg
- ½ can (5 oz) evaporated milk
- 1 ½ Tbsp. canola or vegetable oil

Nutrition Facts

8 servings per container
Serving size 3 fritters (79g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 180mg	8%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 119mg	10%
Iron 1mg	6%
Potassium 209mg	4%

*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. In a large mixing bowl, mix together flour, baking powder, garlic powder, black pepper, and salt.
2. In a separate bowl, whisk together water, egg, and evaporated milk. Add wet mix to dry mixture and combine batter well.
3. Add all vegetables to batter and mix evenly.
4. Using ½ Tbsp. of oil at a time on a flat skillet or pan over medium heat, scoop spoonfuls of batter onto the pan. Leave at least 1-inch of space between fritters.
5. Cook 3-5 minutes or until bottom side is brown. Flip and cook an additional 3 minutes until brown.
6. Remove from heat. Repeat steps 4 and 5 as necessary with remaining batter.

