



Simple, Seasonal, Sustainable

Recipe of the Week

Savory Potato Walnut Cake

Ingredients:

- 4-5 medium-sized red-skinned boiling potatoes or Yukon Gold potatoes (about 1 1/4 pounds)
- 1 tablespoon olive oil
- 1 medium yellow onion, sliced
- 1 red bell pepper, halved, seeded and sliced
- 2 cloves garlic, chopped
- 3/4 cup California walnuts
- 1 1/2 tablespoons chopped fresh thyme
OR 1 1/2 teaspoons dried thyme
- Salt & pepper to taste
- 2 large egg whites, lightly beaten
- 1 cup nonfat plain yogurt

Serves 12

180 calories, 9 g fat, 1 g saturated fat, 20 g carbohydrate, 3 g fiber, 6 g protein, 41 mg sodium

Source: California Walnuts



Directions:

1. Place the potatoes in a steamer basket in a large pan over boiling water. Cover the pan and steam until the potatoes are just tender when pierced, 20-30 minutes, depending on size. Let the potatoes cool; then chop them coarsely. Transfer to a large bowl and set aside.
2. Preheat the oven to 400°F. Coat a 9-inch round cake pan with nonstick cooking spray, then line the bottom with a round of parchment paper, cut to fit. Coat the parchment lightly with nonstick cooking spray as well.
3. Place a large nonstick skillet over medium-high heat. Add the olive oil, onion, pepper and garlic and cook, stirring occasionally, until the vegetables are tender and wilted, about 10 minutes. Add the walnuts along with 1 tablespoon fresh thyme or 1 teaspoon dried, and cook about 1 minute longer.
4. Add to the bowl with the potatoes and stir to combine. Season with salt & pepper to taste. Add the egg whites and stir briskly with a fork until evenly mixed.
5. Press and pat the mixture evenly in the prepared pan. Bake until the potato cake is dry on top and firm to the touch, 30-35 minutes. Remove from the oven and cool 10 minutes.
6. Slide a table knife around the edge of the pan; then shake the pan to loosen the cake. Invert onto a serving plate, then lift off the pan and peel away the parchment paper.
7. Meanwhile, stir the yogurt together with the remaining thyme.
8. Cut the potato cake into 12 wedges and serve warm or at room temperature. Top each wedge with some of the yogurt sauce.