



DIRECTIONS

- Mash potatoes and cauliflowers together after draining both well to eliminate water.
- Season with salt, pepper and garlic powder to taste.
- Add 2 tbsps of olive oil and the cornstarch.
- Mix well and allow to cool.
- Note: if mix is too soft, add a bit more cornstarch.
- Grease your hands with a little oil, and spoon some mix onto your palm.
- Top with a slice of drained mozzarella.
- Spoon more mix over the mozzarella and seal patty.
- Gently press patty flat in your hands to make sure it's sealed and solid.
- Place each patty on a clean plate.
- Repeat until mix is used up.
- You should have 9 or 10 patties.
- Heat the remaining 2 tbsps of oil in a nonstick frying pan.
- Add a few patties to the pan, as many as pan can accommodate without crowding.
- Cook on medium until patty is golden brown on each side.
- Serve warm.
- If you'd like to bake the patties, coat them with breadcrumbs on all sides, place on a parchment paper-lined cookie sheet, drizzle remaining oil over patties and bake in preheated 350F oven for about 20 minutes.



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Stuffed Veggie Patties

Frittelle Filanti

INGREDIENTS:

- 1 lb diced potatoes, boiled
- 1/2 lb (8 Oz) cauliflower florets, steamed
- 3/4 cup cornstarch
- Salt, pepper and garlic powder to taste
- 4 TBSPs Extra Virgin olive oil, divided
- 10 slices of fresh mozzarella, well-drained
- Optional: Breadcrumbs (only if baking patties)



NONNA'S TIPS

- Make sure both your potatoes and cauliflower are well drained. Nobody likes a soggy patty. Also, these patties can weight of the potatoes should be without the skin.
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- You can substitute broccoli florets if your family likes broccoli. I use cauliflower because it can be disguised in the potatoes for the kids.
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- As I said in the recipe, these patties can be baked but make sure you coat them well with breadcrumbs so that they will hold their shape.