

Chicken Lotus Root Patties

Makes 3 servings (1 serving = 2 patties)

Ingredients:

- 6 ounces skinless, boneless chicken breast, minced
- 3 cups lotus root, chopped or ground
- 1 teaspoon vegetable or olive oil (or nonstick cooking spray)

Marinade:

- 1 egg white, lightly beaten
- 2 teaspoons sugar
- ¼ teaspoon salt
- 1 tablespoon cornstarch
- ½ teaspoon sesame seed oil

Instruction:

1. In a large bowl, combine marinade ingredients, whisk or stir. Add minced chicken, stir to coat.
2. Add ground lotus root and mix well.
3. Form chicken-lotus root mixture into 6 patties, each about 2 inches in diameter.
4. Heat a nonstick pan over medium heat, add 1 teaspoon oil, swirling to coat pan; or spray pan with non stick cooking spray.
5. Pan-fry patties on both sides until cooked and browned, about 5 minutes on each side, and serve.

Nutrition tips:

Lotus root is a crunchy and nutritious vegetable that can be used to stretch a meat recipe and add fiber and vitamins at the same time!

Lotus root is also a good source of thiamin and riboflavin, in addition to vitamin C and potassium ⁽⁹⁾.

Nutrition information per serving:

Calories: 243

Cholesterol: 33 mg

Carbohydrates: 36 g

Total fat: 3 g

Sodium: 322 mg

Protein: 20 g

Saturated Fat: 0 g

Fiber: 9 g

(9) USDA Nutrient Database for Standard Reference, <http://www.nal.usda.gov/fnic/foodcomp/search>, accessed 8/22/05