

Oct.

Friends and Family

Culinary Services Group
Your Dining Partner



Waffle Iron Hash Browns

Ingredients

30 oz. Frozen Shredded Potatoes, thawed

4 Tbsp Melted Butter

1 tsp Salt

1/2 tsp Black Pepper

3/4 Cup Cheddar Cheese, grated

3/4 Cup Ham, chopped

Steps

- 1) Pre-heat waffle iron to medium-high heat.
- 2) Put thawed hash browns in a clean dish towel and squeeze out any excess water.
- 3) Place hash browns in a large bowl and season with salt and pepper.
- 4) Scoop half a cup of seasoned hash browns on the heated waffle iron. Top potatoes with desired amount of cheese and chopped ham and then a quarter cup of more seasoned hash browns.
- 5) Close the waffle iron and allow potatoes to cook for 12-15 minutes. Repeat steps until all hash browns are cooked.

Here's What We're Up to This Month:

Suggested Activity: Pumpkin Decorating

Wellness Focus: October is Breast Cancer Awareness Month. Reduce your risk by getting red and processed meats off your plate. Eat colorful whole foods and have fun with spices and herbs. Also, refined sugar and artificial sweeteners should be eliminated from your diet.

Food for Thought:

Potatoes are a nutrient-rich food, providing essential vitamins like vitamin C and B6, as well as potassium and fiber, which support heart health, digestion, and energy levels. They also contain antioxidants that help reduce the risk of chronic diseases, making them a healthy addition to a balanced diet when prepared without excessive fats or oils.

Scan the QR Code! ▼

Try our recipe at home.



culinaryservicesgroup.com