



IRISH BOXTY ZUCCHINI POTATO CAKES

- 1 pound red or gold potatoes, peeled, cut into one inch chunks
- 1/2 cup milk
- 2 Tablespoons unsalted butter
- 1 teaspoon salt or to taste
- 1/2 teaspoon ground black pepper
- 1 cup shredded seeded zucchini
- 1 egg
- 1/4 cup chopped onion
- 1/2 cup all purpose flour
- 1 teaspoon baking powder
- 1/4 cup canola oil
- 2 Tablespoons unsalted butter
- 2 cups fine chopped green **broccoflower** cauliflower
- 2 Roma tomatoes, halved, sliced
- 1 small zucchini, halved, sliced
- 2 sprigs parsley

Prepare the mashed potatoes: Place potatoes chunks and salted water to cover in a medium saucepan. Bring to a boil over medium high heat; cook until fork tender.

In a microwave safe container, cook milk and butter on high power for about 30 seconds of butter melts. Mash potatoes in large bowl; slowly add milk mixture, stirring until smooth; season with salt and pepper.

Place shredded zucchini in small microwaveable bowl; cook high power for 1 minute or hot. Drain juices from zucchini, squeeze out excess moisture with paper towels. Stir into mashed potatoes. Stir in egg and onion. Add flour and baking powder until smooth.

Combine butter and oil to 12 inch hot skillet over medium heat. Using 1/2 cup potato batter for each cake, form each into a 2 to 3 inch round; cook, turning once until brown on both sides, about 3 minutes on each side. Remove to paper towel lined plate to stay warm.

Microwave cauliflower 1 minute until hot in microwave oven; spoon in center section of serving platter. Arrange tomato and zucchini slices around the sides. Overlap the potato cakes down the center; drizzle with any remaining melted butter. Garnish with parsley sprigs. Yield: 8 potato cakes Serves: 4 as side dish

About the Recipe: Boxtty traditionally are Irish potato pancakes containing mixed mashed and grated potatoes. In this recipe, I included fresh zucchini, some broccoflower crumbles, and fresh tomatoes to create a flavorful side dish with some extra protein, fiber, vitamins, and minerals. Add some fresh applesauce to serve with the pancakes. It's a real family pleaser.