

Ham & Swiss Rosti

From EatingWell



Rösti is a traditional Swiss potato pancake typically served as a side dish but we added ham and cheese to transform it into an easy weeknight supper. Enjoy with steamed asparagus and chunky applesauce on the side.

Ingredients

Makes 4 Servings

- 1 large egg**
- 1 cup diced ham (about 5 ounces)**
- 1 cup shredded part-skim Jarlsberg or Swiss cheese, divided**
- 1 shallot, minced**
- 1 teaspoon chopped fresh rosemary or 1/4 teaspoon dried**
- 1/2 teaspoon freshly ground pepper**
- 1/4 teaspoon salt**

- 4 cups frozen hash brown potatoes**
- 2 tablespoons extra-virgin olive oil, divided**

Preparation

Active Time 25m Total Time 25m

- 1** Beat egg in a large bowl. Stir in ham, 1/2 cup cheese, shallot, rosemary, pepper and salt. Add frozen potatoes and stir to combine.
- 2** Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Pat the potato mixture into an even round in the pan. Cover and cook until browned and crispy on the bottom, 4 to 6 minutes.
- 3** Remove the pan from the heat. Place a rimless baking sheet on top. Wearing oven mitts, grasp the pan and baking sheet together and carefully invert, unmolding the rösti onto the baking sheet. Wipe out any browned bits from the pan. Return it to the heat and add the remaining 1 tablespoon oil. Slide the rösti back into the pan. Top with the remaining 1/2 cup cheese, cover and cook the second side until crispy and browned, 4 to 6 minutes. Slide onto a platter, cut into wedges and serve.

Nutrition Facts

Nutrients per serving (*recipe makes 4 servings*)

Calories	262
Total Fat	13g
Saturated Fat	3g
Monounsaturated Fat	8g
Cholesterol	94mg
Sodium	276mg
Carbohydrates	15g
Dietary Fiber	2g
Total Sugars	N/A
Added Sugars	0g

Protein	21g
Potassium	174mg

Carbohydrate Servings 1

Diabetic Exchanges 1 starch, 3 lean meat

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IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENTRESTO?

ENTRESTO can harm or cause death to your unborn baby. Talk to your doctor about other ways to treat heart failure if you plan to become pregnant. If you get pregnant while taking ENTRESTO, tell your doctor right away.

Who should not take ENTRESTO?

Do not take ENTRESTO if you

- are allergic to sacubitril or valsartan or any of the ingredients in ENTRESTO
- have had an allergic reaction including swelling of your face, lips, tongue, throat (angioedema) or trouble breathing while taking a type of medicine called an ACE inhibitor or ARB
- take an ACE inhibitor medicine. Do not take ENTRESTO for at least 36 hours before or after you take an ACE inhibitor medicine. Talk with your doctor or pharmacist before taking ENTRESTO if you are not sure if you take an ACE inhibitor medicine
- have diabetes and take a medicine that contains aliskiren

INDICATION

What is ENTRESTO?

ENTRESTO is a prescription medicine used to reduce the risk of death and hospitalization in people with certain types of long-lasting (chronic) heart failure. ENTRESTO is usually used with other heart failure therapies, in place of an angiotensin-converting enzyme (ACE) inhibitor or other angiotensin II receptor blocker (ARB) therapy.

COLLAPSE