Chicken Rice Cakes   
Serves 4

Ingredients:

• 2 tbsp olive oil, divided• 2 cups chicken breasts, cooked and finely shredded   
• 1 cup sweet potatoes, cooked and mashed• 1 cup brown rice, cooked• 1 egg• 1/2 cup low-fat mozzarella cheese, shredded• 1 1/2 tsp fresh rosemary, chopped• Sea salt and pepper, to taste• 1 cup mushrooms, sliced• 1–2 tbsp balsamic vinegar  
  
Preparation:

1. Heat 1 tbsp olive oil in a nonstick skillet over medium-high heat.2. In a bowl, mix together chicken, mashed sweet potatoes, rice, egg, cheese, rosemary, salt and pepper. Shape into 8 patties.3. Cook until golden brown on both sides and heated through. Transfer to a plate and keep warm.4. In the same skillet, heat remaining olive oil. Add mushrooms and cook until lightly browned. Add vinegar to skillet to coat mushrooms; cook 1 minute longer. Serve on top of chicken rice cakes.

NUTRIENTS PER SERVING:Calories: 410, Total Fats14 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 110 mg, Sodium 210 mg, Total Carbohydrates 41 g, Dietary Fiber 5 g, Sugars 10 g, Protein 31 g, Iron 2 mg