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Description

Transform simple pantry staples into an irresistible handheld treat with these golden, crispy Cheesy Spinach Potato Patties! Packed with vibrant green spinach and gooey melted cheese, every bite offers a delightful contrast between a crunchy outer crust and a tender, flavorful center. They strike the perfect balance of comfort and smart nutrition, making them a wonderful addition to your meal rotation. Enjoy these wholesome patties as a savory snack or a satisfying side that brings excitement back to healthy eating.

Can This Cheesy Spinach Potato Patties Support Weight Loss Goals?

These patties can support weight loss goals by helping you stay satisfied and energized while managing your daily calorie intake. Incorporating nutrient-dense greens like spinach adds volume and essential micronutrients without adding heavy calories. When paired with smart, protein-conscious ingredients, these patties help keep hunger cues balanced so you can stay on track with your wellness journey.

Does Cheesy Spinach Potato Patties Fit a High-Protein Lifestyle?

These patties fit smoothly into a high-protein lifestyle by incorporating protein-rich cheese and clever binding ingredients that keep net carbs reasonable. The wholesome combination of leafy greens and savory elements ensures you get satisfying flavor without relying on heavy grains. They provide a delicious way to boost your daily protein intake while enjoying a comforting, savory treat.

My Personal Experience

- Squeezing every drop of moisture from the spinach: Pressing out excess liquid with a clean kitchen towel prevents the patties from falling apart and ensures a crisp, golden crust during cooking.
- Chilling the shaped patties before frying: Allowing the patties to rest in the fridge for a few minutes helps them hold their shape firmly in the pan without breaking apart.

Perfect For

- High protein snacks: Great for grabbing a quick, savory bite between meals to keep your energy levels steady.
- Cozy weeknight sides: Pairs wonderfully with proteins like grilled chicken or fish for a comforting, balanced dinner.
- Vegetarian meal prep: Ideal for prepping ahead and enjoying throughout the busy week for quick lunches or dinners.

Why You’ll Love This Recipe

- Crispy on the outside, tender inside: Delivers an amazing textural contrast that makes every single bite feel like an absolute indulgence.
- Easy to customize: Allows you to easily swap in your favorite cheeses or herbs depending on what you have in your fridge.

Common Mistakes to Avoid

1. Leaving excess moisture in the spinach: Failing to squeeze the spinach dry results in wet, soggy batter that won’t hold together in the pan.

2. Overcrowding the skillet: Cooking too many patties at once drops the pan temperature and prevents that gorgeous, even golden crust from forming.

3. Flipping the patties too early: Touching or turning the patties before a solid crust forms can cause them to break apart in the pan.

Required Equipment

- Non-stick skillet — prevents sticking and ensures even browning with minimal oil.
- Mixing bowl — provides plenty of space to combine all ingredients evenly.
- Spatula — allows for gentle, secure flipping without breaking the patties.
- Paper towels — helps drain excess surface oil after frying for a crisp finish.

Storage Instructions

Store leftover patties in an airtight container in the refrigerator for up to 3 to 4 days, ensuring they are fully cooled before sealing. For longer storage, freeze them in a single layer between sheets of parchment paper for up to 2 months; reheat straight from frozen in a toaster oven or skillet to restore their crispy texture while keeping them high-protein friendly.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 10 minutes

- Total Time: 25 minutes
- Servings: 4 servings (approx. 2 patties each)
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): ~210 kcal *(approximate estimate)*

Crispy, golden potato and spinach patties loaded with melted cheese for a comforting, high-protein snack or side dish.

 Ingredients:

- Boiled potatoes: 2 cups, peeled and mashed *(Note: Use sturdier russet potatoes for the best texture)*
- Fresh spinach: 2 cups, finely chopped and thoroughly squeezed dry
- Shredded mozzarella or cheddar cheese: 1/2 cup
- Egg: 1 large *(Note: Acts as the primary binder to keep patties intact)*
- All-purpose flour or oat flour: 2 tablespoons
- Garlic powder: 1/2 teaspoon
- Salt: 1/2 teaspoon
- Black pepper: 1/4 teaspoon
- Olive oil: 2 tablespoons *(for pan-frying)*

Directions:

1. Prepare the base mixture: In a large mixing bowl, combine the mashed boiled potatoes, finely chopped and squeezed spinach, shredded cheese, egg, flour, garlic powder, salt, and black pepper. Mix thoroughly until a cohesive, moldable dough forms.

2. Shape the patties: Divide the mixture into 8 equal portions and gently shape each portion into a round, flat patty about half an inch thick.

3. Heat the skillet: Place a non-stick skillet over medium heat and add the olive oil, letting it heat up for 1 to 2 minutes until shimmering and evenly coated.

4. Pan-fry the patties: Carefully place the patties into the hot skillet in batches to avoid overcrowding. Cook for 3 to 4 minutes on medium heat until the bottoms turn deep golden-brown and develop a crisp crust.

5. Flip and finish: Gently flip the patties using a spatula and cook for another 2 to 3 minutes on the second side until golden and heated all the way through. Transfer to a paper towel-lined plate.

Nutrition Facts (Per Serving – Approximate):

- Calories: 210 kcal
- Fats: 9g
- Cholesterol: 55mg
- Sodium: 380mg
- Potassium: 310mg
- Total Carbohydrates: 22g
- Fiber: 3g
- Net Carbs: 19g

- Sugars: 2g
- Protein: 9g
- Calcium: 110mg

Notes:

- Storage Tips: Keep sealed in the refrigerator for up to 4 days and layer with parchment paper if stacking.
- Reheating Instructions: Reheat in a toaster oven or skillet over medium heat for 4–5 minutes to bring back the crispy exterior.
- Allergy Notes: Use a gluten-free flour alternative if avoiding gluten, or use dairy-free cheese for a lactose-free option.
- Flavor Boosts: Mix in a pinch of red pepper flakes or smoked paprika for an extra layer of warmth and flavor.