Chicken rice cakes

Ready in 25 minutes • Makes 4 servings

- 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

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 Fats: 14 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