



DISHING IT UP WITH DANA

Hash Brown Waffles: a Healthy Win for the Rady Family

Endless possibilities for toppings include the author's choice of a simple fried egg on each one

Column and photos by Dana Rady, Wisconsin Potato & Vegetable Growers Association

Not long ago, I saw an image on Facebook with the caption "The hardest part about being an adult is figuring out what to make for dinner every night." I chuckled.

Sure, it's a slight exaggeration, but I can empathize. And when I saw it, I thought, "Well, add breakfast and lunch to that, too!"

Our boys take their lunches to school every day and eat breakfast at home. While I'm grateful we can give them homemade, healthy meals, it can also be challenging to make sure we don't slip into the pit of "mundane."

We're a family that likes variety, which means my husband, Eric, and I need to challenge ourselves when cooking so no one gets bored. It's not always an easy balance.

Our oldest, Griffin, has really taken to cooking. Easton is becoming more interested in it as well. On the weekends, Griffin will start making protein pancakes or waffles, and they taste great! It's been nice to see him becoming more independent in that way.

Just the other night, Griffin saw me getting out his waffle maker (yes, it is his

waffle maker), and he asked what I was doing. I told him I was making hash brown waffles. His eyes lit up and he asked, "Oooh, can I help?" Pretty soon, Easton and Havyn were also in the kitchen with their aprons on ready to "stir, stir," as Havyn says.

HEALTHY BATCH OF WAFFLES

These simple concoctions ended up making a healthy batch of waffles for

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Hash Brown Waffles

INGREDIENTS:

3 cups **frozen hash browns, thawed**

½ stick **butter, melted**

¼ cup **mild cheddar cheese, shredded**

3 **eggs**

½ Tbsp. **butter for frying the eggs**

salt and pepper to taste

Olive oil cooking spray for waffle iron



As soon as they found out Mom was making hash brown waffles, the Rady kids, from left to right, Easton, Havyn and Griffin, put on their aprons to help her in the kitchen.

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Griffin Rady digs into a hash brown waffle topped with a fried egg.

dinner as well as breakfast the next morning.

We served each waffle with a fried egg for a little extra protein, but I got to thinking how fun it would be to top these beauties with taco meat and related ingredients, or pizza sauce and all the fixings, or ... the phrase “endless possibilities” is not an exaggeration here.

What I like best is the fact that I can make a batch of these waffles and put them in the freezer for when we need a quick, healthy, creative and fun meal. It doesn't get much better. And let's face it, it's hash browns!

One beneficial tidbit: I found that slightly mashing the hash browns and cheese helped keep the mixture together a little better. I also found that putting a bit more filling in the waffle maker helps keep the waffle together when it's done cooking.

I hope you try this and have fun with it. And if you do top it with something other than an egg, I'd love to hear about your creativity. So, shoot me an email (drady@wisconsinpotatoes.com) and let me know how it went.

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DIRECTIONS

Preheat waffle iron on the regular setting and spray both sides with cooking spray.

Place the hash browns in a bowl. Pour the melted butter over the hash browns, sprinkle with salt and pepper, and stir in the shredded cheese.

Scoop a bit of the hash brown mixture into each waffle section. Close the waffle iron and cook until the waffle is crispy and turns golden brown, approximately 8 minutes per waffle. Repeat with the remaining hash brown mixture.

While the waffles are cooking, begin frying the eggs and prep toppings of choice.

Melt ½ tablespoon of butter in a large skillet over medium heat. Carefully crack the eggs into the pan and cook for one minute. Flip and cook for another couple of minutes, or until the desired doneness is achieved.

To serve, top each waffle with a fried egg and sprinkle with a bit more salt and pepper.

Visit <https://eatwisconsinpotatoes.com/recipes/hash-brown-waffles/> and enjoy! **BC'T**



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