

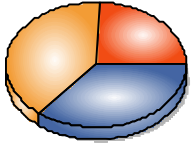


## Chicken Cakes w/ Horseradish, Sweet Potatoes and Asparagus

By: Adapted from Cooking Light 6/2006 by DrJez LLC

Recipe grams: 734.15g/25.9oz

Serves 2 367.07g/12.9oz per serving



Protein: 29%  
Carbohydrates: 56%  
Fat: 14%

### INGREDIENTS

1/2 lb ASPARAGUS, RAW  
1 slice WHOLE WHEAT BREAD, CP  
3 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY  
1 tbsp CHIVES, RAW  
1/2 tsp CAJUN MARINADE, DRY MIX  
1 large EGG WHITE, CHICKEN, RAW  
1 tsp OLIVE OIL  
1 tsp HORSERADISH, PREPARED  
2 tbsp GARLIC, RAW  
2 tbsp MAYONNAISE, NONFAT  
2 medium SWEET POTATO, BAKED, NO SALT  
1 tbsp MAYONNAISE, NONFAT  
4 inner-leafs LETTUCE, COS OR ROMAINE, RAW  
2 slices TOMATO, RED, RIPE, RAW

### DIRECTIONS

Roast Sweet Potato as desired. A 400 deg oven for 25 minutes roasts wedges nicely.

For chicken cakes, toast bread and process into crumbs using food processor. Remove and set aside.

Add chicken breast and pulse until ground. Combine with mayo, chives, Cajun seasoning and egg whites. Divide into 4 patties. Cook in skillet lightly coated with cooking spray until done.

Combine remaining mayonnaise with horseradish and garlic and a pinch of salt. Serve as dollops with patties.

Steam Asparagus in microwave. Season as desired.

Serve patties over romain lettuce leaves and a slice of tomato.

### Nutrition Facts

Serving Size: 1 serving (367.1g)  
Servings: 1

#### Amount Per Serving

Calories 300 Calories from Fat 45

% Daily Value\*

**Total Fat** 4.5g **8%**

Saturated Fat 1g **6%**

Trans Fat 0g

**Cholesterol** 35mg **10%**

**Sodium** 450mg **20%**

**Total Carbohydrate** 42g **15%**

Dietary Fiber 8g **30%**

Sugars 15g

**Protein** 22g

Vitamin A 470% • Vitamin C 70%

Calcium 10% • Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet.