



RECIPE

rhino

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Low-Calorie Crispy Hash Browns

Description:

These healthy, low-calorie crispy hash browns are golden and crunchy on the outside, fluffy on the inside, and packed with flavor. Made with simple ingredients and a little prep time, they're a great alternative to traditional hash browns and perfect for breakfast or meal prep.



PREP TIME
25 min



FREEZE TIME
1 hr



COOK TIME
20–25 min



TOTAL TIME
1 hr 50 min



YIELD
8 hash browns

INGREDIENTS

- 1 1/3 pounds potatoes, peeled
- 2 eggs
- 1 tablespoon cornstarch
- 3/4 teaspoon salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1/8 teaspoon black pepper
- 1/2 cup reduced-fat shredded cheese
- Cooking spray

RHINO TIP



The secret to crispy hash browns is removing as much moisture as possible from the potatoes before mixing. The drier the potatoes, the crispier the finished hash browns will be.

STEP-BY-STEP INSTRUCTIONS

1



Prepare the potatoes.

Peel the potatoes and place them in a bowl of cold water for 15 minutes. Grate the potatoes, then squeeze out as much moisture as possible using a clean kitchen towel or cheesecloth.

2



Mix the hash brown mixture.

Place the grated potatoes in a large bowl. Add the eggs, cornstarch, salt, onion powder, garlic powder, smoked paprika, black pepper, and shredded cheese. Mix until well combined.

3



Shape the hash browns.

Line a tray or baking sheet with parchment paper and lightly spray it with cooking spray. Using your hands, divide the mixture into 8 equal portions and firmly shape them into hash browns.

4



Freeze until firm.

Place the tray in the freezer for about 1 hour, or until the hash browns are firm enough to handle. Lightly spray the tops with cooking spray before cooking.

5



Cook until crispy.

Air fry at 370°F for 20–25 minutes, flipping halfway through, until golden brown and crispy. Alternatively, bake until crisp and golden, turning halfway through cooking.

TIPS & VARIATIONS



1. Spray both sides of the hash browns lightly with cooking spray for extra crispiness.



2. Sharp reduced-fat cheddar adds extra flavor while keeping the recipe lighter.



3. Make a double batch and freeze the uncooked hash browns for a quick breakfast later.



4. Serve with eggs, fruit, or your favorite breakfast protein for a complete meal.



5. Add a pinch of cayenne pepper or red pepper flakes for a little heat.



Family favorites, one recipe at a time.

