

Shredded Potato Nest

3 cups frozen shredded hash brown potatoes

2 egg whites

1 teaspoon onion powder

1 teaspoon garlic powder

Pepper to taste

3/4 cup fresh shredded parmesan cheese

Defrost potatoes, and mix in all other ingredients

Shape into lightly greased muffin tins

Bake in 425 degree oven for 20-25 minutes

After cooled, place a teaspoon of sour cream and garnish with green onion on top

Lois Buckley (Not my recipe)