

Three Jacks Favorite Grill

This recipe combines crispy cabbage with three different creamy melted American Originals – U.S. Monterey Jack, Colby Jack, and Pepper Jack.



INGREDIENTS

(Makes 3 Snack Servings)

Flour	24g
Potato starch	6g
Egg	10g
Water	30g
Salt	To taste
Olive Oil	For pan
Cabbage, diced	75g
U.S. Pepper Jack	30g
U.S. Colby Jack	30g
U.S. Monterey Jack	30g
Miso	5g
Sugar	2g
Walnuts, finely diced	2g

NUTRITIONAL CONTENT

Per 100g

Calories	211kcal
Total Fat	13g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	2mg
Total Carbohydrates	17g
Dietary Fiber	1g
Sugars	2g
Protein	11g
Calcium	281mg
Magnesium	15mg
Phosphorus	144mg
Potassium	102mg
Sodium	302mg
Iron	1mg
Vitamin A	400IU
Vitamin C	11mg

PREPARATION

1. **Combine flour, starch, egg, water, and salt in a mixing bowl, stirring until smooth.**
2. **Add diced cabbage and incorporate.**
3. **Spread olive oil in a sauté pan, divide dough into three balls and spread out into patties (7 to 8 cm).**
4. **Brown both sides of two of the patties.***
5. **Put Colby Jack cheese or Pepper jack cheese on top, cover until cheese melts (15sec).**

*For the patty with plain U.S. Monterey Jack cheese:

1. **Mix miso, sugar, and walnuts together.**
2. **While browning one side, press miso mixture into patty.**
3. **Brown side two and put Monterey Jack cheese on top, cover until it melts (15sec).**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2014 U.S. Dairy Export Council.