

California Potato Medley

6 1 cup servings

Ingredients:

- nonstick cooking spray
- 1/2 green pepper (chopped)
- 1 can low-sodium potatoes
(sliced and drained, about 14 ounces)
- 1 cup canned corn (low-sodium, drained)
- 1/2 cup canned tomatoes (low-sodium, drained)
- 1/2 teaspoon dried oregano (if you like)
- 1/4 cup reduced fat cheese (shredded)
- black pepper to taste



Preparation:

1. Spray a skillet with nonstick cooking spray.
2. Cook green pepper until tender.
3. Add potatoes and cook over medium heat for 1 minute.
4. Stir in corn and tomato. If using oregano, add that too. Heat thoroughly for about 2 to 3 minutes.
5. Season with black pepper.
6. Sprinkle each serving with a small amount of cheese.

Nutrition Facts	
6 servings per container	
Serving size	1 cup (148g)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 83mg	6%
Iron 1mg	6%
Potassium 234mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

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