

California Potato Medley

Makes: 6 Servings

Canned, low-sodium, sliced potatoes are ready to use in soups, salads, casseroles, stews, vegetable side dishes, and main dishes. Use this California Potato Medley recipe to help make half your plate fruits and vegetables.

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

Directions

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 Information

Nutrients	Amount
Calories	120
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	218 mg
Total Carbohydrate	22 g
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	5 g
Vitamin D	N/A
Calcium	99 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	

Source: Recipe adapted from Commodity Supplemental Food Program Cookbook