

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.

Recipe adapted from Commodity Supplemental Food Program Cookbook

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	120	
Total Fat	2.5 g	
Protein	5 g	
Carbohydrates	22 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	218 mg	