Skillet Corn and Potatoes a great side dish ready in 5 minutes!

Ingredients:

1 tablespoon olive oil

3/4 cup diced onion

3/4 cup diced green or red bell pepper

1 can potatoes, well drained

1 can whole kernel corn, well drained



Directions:

- 1. Heat oil in a large skillet over medium-high heat. Cook onions and peppers for 7 to 8 minutes, or until edges begin to brown. Stir occasionally.
- 2. Stir in potatoes and corn; cook 3 minutes to heat through. Remove from heat, cover and let stand 3 minutes to absorb flavors. Stir before serving; add pepper to taste, if desired.

Nutrition Facts

Serving Size (272g) Servings Per Container 4

Amount Per Serving	
Calories 190 Calorie	s from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 4g	
Vitamin A 2% • Vita	min C 50%

	*		
Calcium 2%		Iron 109	%
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher o	
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g

Saturated Fat Less than 20g Cholesterol Less than 300mg 300mg Less than 2,400mg 2,400mg Sodium Total Carbohydrate 300a 375g Dietary Fiber 30g

Calories per gram Fat 9 · Carbohydrate 4 · Protein 4

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Sodium 400mg		17%
Total Carbohyd	rate 32g	11%
Dietary Fiber 3	3g	12%
Sugars 2g		
Protein 4g		

Vitamin C 50% Vitamin A 2%

Calcium 2% Iron 10% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower

depending on yo	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 . Carbohydrate 4 . Protein 4

K-STATE



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It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689





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