

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

Ingredients:

- 1 tablespoon olive oil
- ¾ cup diced onion
- ¾ 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	Calories 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%	• Vitamin C 50%		
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 your calorie needs:			
	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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

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