## **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



- 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 Fa	cts
6 servings per container Serving size 1 cup	(148g)
Amount per serving Calories	80
% Dail	y 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 nutri- serving of food contributes to a daily det. 2,00 day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein	4

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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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