



Potato Sauté with Onions and Bell Peppers

Ingredients

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| 2 cups water | ½ cup chopped tomato |
| 2 large russet potatoes, cleaned and cut in half | ½ teaspoon oregano |
| 1 tablespoon vegetable oil | ¼ teaspoon each salt and ground black pepper |
| ½ cup chopped onion | ¼ cup crumbled queso fresco or reduced fat Monterey Jack cheese |
| ½ cup chopped green and red bell pepper | |
| ½ cup no salt added canned corn or frozen corn, thawed | |

Preparation

1. Bring water to a boil in a large pan. Add potatoes and cook until crisp-tender, about 15 minutes. Drain well and cut into bite-size pieces.
2. Heat oil in a large skillet. Sauté onion until golden brown and soft. Add potatoes and bell pepper to skillet and cook over medium-high heat, stirring frequently, until golden brown.
3. Stir in corn, tomato, oregano, salt, and ground black pepper. Top with cheese and serve.

This recipe is great as a side dish with dinner or for breakfast.

Makes 4 servings. ½ cup per serving.

Prep time: 15 minutes

Cook time: 30 minutes

Nutrition information per serving:

Calories 217, Carbohydrate 39 g, Dietary Fiber 6 g, Protein 6 g, Total Fat 5 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 220 mg