

Potato Sauté with Onions and Bell Peppers

Serves: 4

Ingredients

2 cups water	½ cup chopped tomato
2 large russet potatoes, cleaned and cut in half	½ tsp. oregano
1 tbsp. vegetable oil	¼ tsp. salt and ground 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	

Bring water to a boil in large pan. Add potatoes and cook until crisp-tender, about 15 minutes. Drain well and cut into bite size pieces.

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.

Stir in corn, tomato, oregano, salt, and ground black pepper. Top with cheese.

Per serving: 159 calories, 5 g total fat (2 g saturated fat), 5 mg cholesterol, 215 mg sodium, 4 g protein, 25 g carbohydrate, 2 g dietary fiber