



# 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