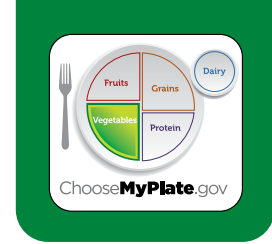


Bountiful Backpack

California Potato Medley

Serves: 6

Serving Size: 1 cup



Ingredients:

- Nonstick cooking spray
- 1 can (14 ounces) low sodium sliced potatoes, drained
- 1 cup canned corn, drained
- 1/2 cup canned tomatoes, drained and chopped
- 1/2 teaspoon dried oregano (if you like)
- 1/4 cup reduced fat shredded cheese
- Black pepper to taste.

Directions:

1. Spray a skillet with nonstick cooking spray.
2. Add potatoes and cook over medium heat for 1 minute.
3. Stir in corn and tomatoes. If using oregano, add that too. Heat thoroughly for about 2-3 minutes.
4. Season with black pepper.
5. Sprinkle each serving with a small amount of cheese.



Nutrition Facts

6 servings per container

Serving size 1 cup (134g)

Amount Per Serving

Calories 90

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 200mg 9%

Total Carbohydrate 15g 5%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 104mg 8%

Iron 1.08mg 6%

Potassium 0mg 0%

Vitamin A 4%

Vitamin C 15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.