



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Bountiful Backpack

## California Potato Medley



**Serves:** 6

**Serving Size:** 1 cup

### Ingredients:

- Nonstick cooking spray
- 1 can (14 ounces) low-sodium sliced potatoes, drained and rinsed
- 1 cup canned corn, drained and rinsed
- ½ cup canned tomatoes, drained and chopped
- ½ teaspoon dried oregano (optional)
- ¼ cup reduced-fat shredded cheese
- black pepper to taste

### Directions:

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

### Nutrition Facts

6 servings per recipe

**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.

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