



Mexi-Breakfast Potatoes



Ingredients



- 3 medium to large potatoes
- 1 medium onion chopped
- 1 green pepper (standard, anaheim or poblano)
- 3 Tbsp. olive oil
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 tsp. cumin
- 1 tsp. oregano
- Salt to taste

Yield: 4 servings
 Serving Size: 1 cup



Directions



1. Dice potatoes into 1/2 inch cubes, chop onion and pepper.
2. Sauté the onions and peppers in olive oil until onions start to turn translucent.
3. Preheat oven to 450 degrees. When hot, add the lightly oil coated potatoes to an oiled baking sheet and put in oven for about 20 minutes or until lightly browned and crispy.
4. In a pan add spices to cooked onions and peppers and cook on low until fragrant. Add golden brown potatoes and cook for a minute. Salt and pepper to taste. Enjoy.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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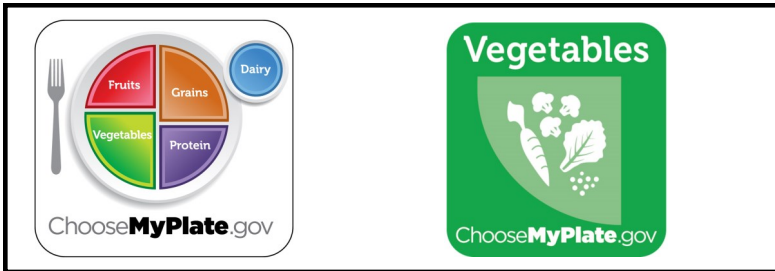
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Fast Facts



Featured Food Groups



Nutrition Facts

4 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	330
<small>% Daily Value*</small>	
Total Fat 11g	14%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 7g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 54g	20%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 3mg	15%
Potassium 1292mg	25%
<small>*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.</small>	

Cooking Tips

- Add scrambled eggs, cheese, or other veggies if you want!
- Use sweet potatoes for a delicious twist
- Put potatoes in a tortilla to make a breakfast burrito

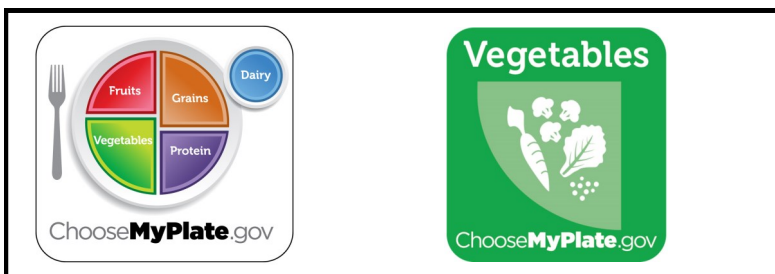
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