

Italian Potatoes



Ingredients

4-6	Red potatoes, diced
½ c.	Onion, diced
½ can	Diced tomatoes (about 1 cup)
1 c.	Kale, coarsely chopped,
2 tsp.	optional
1 tsp.	Italian seasoning
¼ tsp.	Garlic powder
To taste	Salt & Pepper
Sprinkle	Cheese, optional

Directions

Preheat oven to 400 F.
Place potatoes & onions in a small baking dish. Add tomatoes, seasonings, & kale, if desired. Stir. Cover with foil.
Bake for 35-40 mins. or until potatoes are fork tender.
Serve hot. Sprinkle with cheese, if desired.

Prep: 10 mins. Cook: 35-40 mins.

Makes: 3 cups (6 - ½ c servings)

Nutrition Facts

6 servings per container	
Serving size	1/2 c.
Amount Per Serving	
Calories	140
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 4g	8%

*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.

Leftovers? Make an Italian potato & egg scramble; top with cheese & avocado.



*Great source of
Vitamin C & Fiber!*



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