



Breakfast Potatoes

INGREDIENTS:

12 each Red bliss potatoes, washed
1 each Onion, chopped
1 each Green peppers, washed, chopped
2 teaspoon Olive oil
½ teaspoon Garlic powder
½ teaspoon Salt
¼ teaspoon Pepper

PREPARATION:

- Preheat oven to 400° F
- Cut potatoes into large chunks
- Chop vegetables.
- In medium size mixing bowl, add oil, potatoes, salt and pepper
- Toss potatoes until they are evenly coated with oil and spices.
- Place potatoes on baking sheet.
- Roast in oven for about 20 minutes. Be sure to check on them every 10 minutes to flip them over/around. This will aide in even browning.
- In medium sauté pan, sauté onions and peppers until tender.
- Then set aside, keeping warm.
- Once potatoes are finished in the oven, toss the potatoes with the cooked vegetable mixture, and serve.

***Chef's Note:** To make sweet potato fries, just cut sweet potatoes potatoes into thick long strips instead of chunks. These go great with any protein of choice and give great color and variety to your meals!*

Serves: 4

Serving size: ½ cup

Calories: 100

Fat: 2

