

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

California Potato Medley *(Makes about 6 servings.)*

Ingredients

- Nonstick cooking spray
- ½ green pepper, chopped
- 1 can (14-oz.) potatoes, drained
- 1 c. canned corn, drained
- ½ c. canned tomatoes, drained and chopped
- ½ tsp. dried oregano (optional)
- ¼ c. reduced fat cheese, shredded
- Black pepper to taste

Directions:

1. Spray a skillet with nonstick cooking spray.
2. Cook green pepper until tender.
3. Add potatoes and cook over medium heat for 1 minute.
4. Stir in corn, tomato and oregano (if using). Heat thoroughly for about 2 to 3 minutes.
5. Season with black pepper.
6. Sprinkle each serving with a small amount of cheese.

Nutrition info: Serving size: 1 ½ cups, Calories: 240, Total Fat: 9 g, Saturated Fat: 2.5 g, Cholesterol: 35 mg, Sodium: 490 mg, Total Carbohydrate: 24 g, Dietary Fiber: 4 g, Sugars: 5 g, Protein: 18 g. *Recipe adapted from Commodity Supplemental Food Program Cookbook.*

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