

## Side Dish

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# Fiesta Red Potatoes

Pat Pennell

Taste of Home Light & Tasty - April/May 2007

**Servings: 4**

**Preparation Time: 15 minutes**

**Cook time: 30 minutes**

**4 medium red potatoes, cut into 1/2-inch cubes**

**1 medium onion, thinly sliced**

**2 jalapeno peppers, seeded and chopped**

**1/4 teaspoon salt-free seasoning blend**

**1/4 teaspoon pepper**

**1 tablespoon canola oil**

**2 small tomatoes, chopped**

In a large nonstick skillet coated with nonstick cooking spray, saute' the potatoes, onion, jalapenos, seasoning blend and pepper in oil for 30 to 35 minutes or until the potatoes are tender.

Stir in the tomatoes.

Heat through and serve.

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Per Serving (excluding unknown items): 115 Calories; 4g Fat (28.1% calories from fat); 2g Protein; 19g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 1/2 Fat.