

Chili Fried Potatoes



- 3 cup cubed unpeeled potatoes
- ½ tsp. olive oil
- 1 small onion- halved, thinly sliced
- 1 tsp. chili powder
- ½ cup shredded reduced-fat sharp Cheddar Cheese

Arrange potato in steamer basket over boiling water, cover and steam for 10 minutes. Remove from heat.

Heat oil in a large nonstick skillet. Add onion and sauté for 3 minutes or until tender. Add potato, chili powder, and salt to taste. Cook for 5 minutes, stirring often, or until potatoes are lightly browned. Sprinkle cheese, cover and remove from heat. Allow cheese to melt.

Nutritional Information (per serving)

Calories	152
Fat	3.7 g
Saturated Fat	1.7 g
Protein	6.9 g
Carbohydrates	23.8 g
Fiber	2.6 g
Cholesterol	10 mg
Sodium	263 mg

Yield: 4 servings
Serving Size ¾ cup