

Fiesta Potato Smashers

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Servings: 8

Preparation Time: 5 minutes

Start to Finish Time: 35 minutes

Cook time: 30 minutes

5 small Yukon Gold potatoes

5 small red potatoes or a potato type of your choice (try russets, white or fingerlings)

1 pint sweet mini peppers (red, orange and yellow)

8 sprigs cilantro , stems removed

4 tablespoons fat-free sour cream or fat-free Greek yogurt (optional)

cooking spray

salt (to taste)

chili powder (to taste)

freshly ground pepper (to taste)

Place the whole potatoes (do not poke) into a microwave-safe dish.

Microwave on HIGH for 3 to 4 minutes.

While the potatoes are cooking, cut the mini peppers into small 1/4-inch slices.

Spray a nonstick pan with cooking spray and heat to medium. Add the peppers and saute' until they start to brown. Remove from the pan and set aside.

Remove the potatoes from the microwave and, using a layer of paper towels covering each potato, smash it on a cutting board until 1-3/4-inch thick. (Helpful Tip: Use the side of a coffee cup or flat cooking utensil to smash the potatoes.)

Spray a saute' pan with cooking spray, heat on high and add the smashed potatoes. Cook for 1 to 2 minutes until the potatoes start to brown.

On a plate, place the potatoes and layer with some sour cream or yogurt (optional), peppers and cilantro.

Dust with salt, chile powder and pepper to taste.

Serve warm.

Per Serving (excluding unknown items): 44 Calories; 0g Fat (0.0% calories from fat); 1g Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: .