



# GEARY COUNTY K-STATE RESEARCH & EXTENSION

SNAP-ED NUTRITION | 119 E. 9TH STREET, JUNCTION CITY, KS

## TEFAP CALIFORNIA POTATO MEDLEY

Makes 6 Servings



### Ingredients

- Nonstick cooking spray
- 1/2 green pepper (chopped)
- 1 can low-sodium potatoes (sliced and drained, about 14 ounces)
- 1 cup canned corn (low-sodium, drained)
- 1/2 cup canned tomatoes (low-sodium, drained)
- 1/2 teaspoon dried oregano (if you like)
- 1/4 cup reduced fat cheese (shredded)
- Black pepper to taste

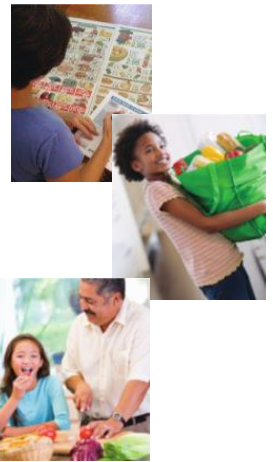
### Directions

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 and tomato. If using oregano, add that too. Heat thoroughly for about 2 to 3 minutes.
5. Season with black pepper.
6. Sprinkle each serving with a small amount of cheese.

## JOIN NEW SERIES JANUARY 2021!

Geary County SNAP-Ed Nutrition Educators will offer an online Eat Smart Move More series in January 2021. Ann Katt and Courtney Angelo will hold a class once a week online for participants/families in the afternoon.

Eating Smart and Moving More is a curriculum that offers simple solutions to help those eat smart and move more while providing the skills to be able to eat more meals at home, eat healthy when eating out, and move more in their everyday routine. Each lesson challenges participants to make positive changes to achieve good nutrition, increase physical activity, practice food resource management skills and practice proper food safety techniques.



These classes will be held on Zoom and are **FREE** if you and your family qualify for FDPIR, Free and Reduced Lunch Program, Head Start, Medicaid/Kancare, SNAP, TANF, TEFAP, or WIC.

If you would like to start the new year learning new skills from this series, contact Courtney Angelo at [cjangelo@ksu.edu](mailto:cjangelo@ksu.edu) or Ann Katt at [amkatt1@ksu.edu](mailto:amkatt1@ksu.edu)

## CALIFORNIA POTATO MEDLEY NUTRITION INFORMATION

<b>Serving 1 Cup</b> <b>OR</b> <b>1/6 of the Recipe</b>	<u>Calories</u> 80	<u>Total Carbohydrate</u> 15 g
	<u>Total Fat</u> 1.5 g	<u>Dietary Fiber</u> 3 g
	<u>Saturated Fat</u> 0.5 g	<u>Total Sugars</u> 2 g
	<u>Cholesterol</u> 5 mg	<u>Protein</u> 3 g
	<u>Sodium</u> 90 mg	

DEB ANDRES  
EXTENSION AGENT  
  
FAMILY AND CONSUMER SCIENCES  
785-238-4161  
[DANDRES1@KSU.EDU](mailto:DANDRES1@KSU.EDU)

ANN KATT  
SNAP-ED NUTRITION EDUCATOR  
  
785-579-4726  
[AMKATT1@KSU.EDU](mailto:AMKATT1@KSU.EDU)

COURTNEY ANGELO  
SNAP-ED NUTRITION EDUCATOR  
  
785-579-4726  
[CJANGELO@KSU.EDU](mailto:CJANGELO@KSU.EDU)



This institution is an equal opportunity provider.