



Breakfast Potatoes

These breakfast potatoes are another simple, yet delicious staple for a savory breakfast plate. Seasoned with a bold blend of spices combined with sautéed peppers and onions make this dish stand out from your average home fries, while also being a good source of fiber, vitamin C and potassium.

Serves: 4

Ingredients:

- 3 large Russet potatoes
- ½ medium yellow onion
- 1 red bell pepper
- 3 T olive oil
- 1 tsp paprika
- ½ tsp dried thyme or 1 tsp fresh thyme
- ¾ tsp garlic powder
- ¾ tsp onion powder
- salt and pepper to taste

Directions:

1. Wash and rinse potatoes well.
2. Dice potatoes (keep skin on), onion, and pepper and add to a large bowl.
3. Drizzle oil over potatoes, onions, and pepper. Add all seasonings to bowl and mix well.
4. Heat a large pan over medium-high heat until oil is shimmering
5. Add potato-vegetable mixture to pan.
6. Cover and cook for 10 minutes.
7. Remove lid and cook for another 10 minutes or until golden brown on all sides, turning over mixture every couple of minutes.
8. Serve as a side with ketchup or hot sauce if preferred.

Nutrition Info per serving:

Calories: 334, Saturated Fat: 1.6 g, Sodium: 18 mg, Added Sugars: 0, Fiber: 5.1 g, Protein: 6.8 g
Potassium: 28%

Recipe adapted from:

<https://www.allrecipes.com/recipe/71803/quick-and-easy-home-fries/>