Breakfast Potatoes

Source: Adapted from New Century Nutrition

These potatoes are the perfect comfort food for breakfast or brunch! You can also serve them over corn or grits. Pair with fruit.

About the Recipe

128 Calories · 3.1 g Protein · 4.1 g Fiber
Breakfast
Gluten-free · Nut-free

Not all soy sauces are gluten free, so check the label. Tamari is usually safe.

Ingredients

Makes 4 Servings

- 2 red or white potatoes, washed
- 1 onion, thinly sliced
- 4 tsp (20 mL) soy sauce
- 1/2 tsp (2.5 mL) sweet paprika or chili powder
- 1/2 tsp (2.5 mL) oregano, dried
- 1 poblano pepper, cut into thin strips
- 5-6 cherry tomatoes, cut
- 2 green onions, sliced

Directions

1. Wash and cut the potatoes into 1/2-inch cubes and steam until just tender, about 10 minutes. Remove from heat.
2. Cut the potatoes into 1/2-inch (1.3-cm) cubes and steam until just tender, about 10 minutes. Remove from heat.

3. Heat 1/4 c (60 mL) of water in a large nonstick skillet and add the onion. Cook, stirring frequently, until the water has evaporated and the onion begins to stick to the pan. Scrape the pan while adding another 1/4 c (60 mL) of water, and then cook until the onion begins to stick again. Repeat this process until the onion is golden brown and sweet. This will take approximately 15 minutes.
4. Add the potatoes and poblano pepper and sprinkle with the soy sauce, the dried oregano, the sweet paprika, and the chili powder. Cook, stirring carefully with a spatula, until the potatoes are well browned.
5. Top with tomatoes and onions, if desired.

Nutrition Facts

Per portion (1/4 of the recipe)

Calories: 128
Fat: 0.2 g
    Saturated Fat: 0.1 g
    Calories from Fat: 1.7%
Cholesterol: 0 mg
Protein: 3.1 g
Carbohydrate: 29.9 g
Sugar: 2.7 g
Fiber: 4.1 g
Sodium: 309 mg
Calcium: 39 mg
Iron: 2.7 mg
Vitamin C: 19.5 mg
Beta-Carotene: 89 mcg
Vitamin E: 0.2 mg