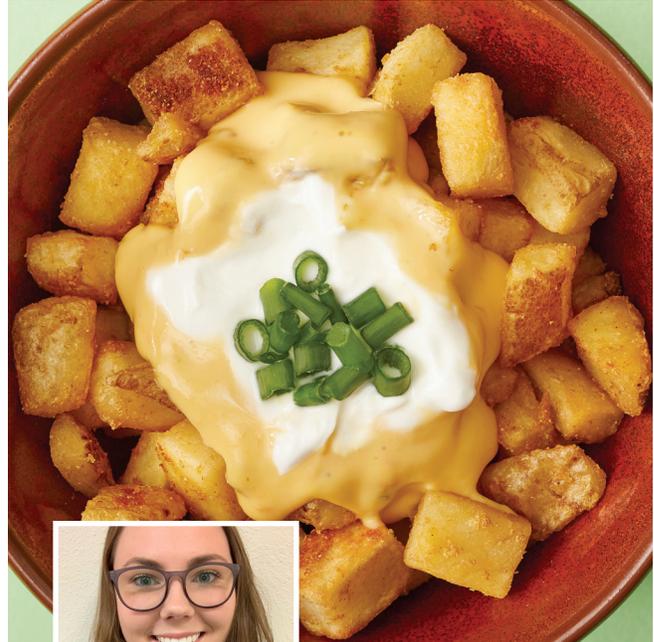




Fiesta Potatoes

Kaydee Harris, RDN, created this easy and very popular recipe while she was Nutrition Services Supervisor at the West Valley School District #363 in Spokane. Harris says she entered the contest “because she LOVES potatoes!” She was looking for an idea for a side for West Valley’s homemade bean burritos and decided to copycat the popular fast food side. “The students love the recipe,” she says. “We use precooked and cubed potatoes to make prep even easier. If you have more calories to play with you can increase the serving from 1/4 cup potatoes to 1/2 cup.”

Harris says doing her RD internship in the Mead School District convinced her that she wanted to be in a school setting. She came to West Valley right out of her RD program and spent two years there. She is now Nutrition Services Supervisor back in her home town—Kelso.



Yield: 12 Servings

**Serving: 1/4 cup potatoes, 1 oz. cheese sauce,
1 Tbsp. sour cream**

Ingredients

1 Tbsp. canola oil
1 tsp. garlic powder
1 tsp. onion, granulated
1 tsp. cumin, ground
1 1/2 lbs. potatoes, frozen, diced, skin on
12 oz. nacho cheese sauce
3/4 cup sour cream

Directions

1. Mix together oil and spices.
2. Toss oil and spices with potatoes to coat evenly. Spread on sheet pan.
3. Bake at 400° for 10 to 15 minutes, tossing after 5 to 7 minutes.
4. Top each 1/4 cup serving of potatoes with 1 oz. cheese sauce and 1 Tbsp. sour cream.

Nutrient Analysis Per Serving:

Calories 120. Total fat 6.14 g. Saturated fat 0.58g. Cholesterol 12.50 mg. Sodium 226.18 mg. Carbohydrates 13.85 g. Dietary fiber 1.16 g. Sugars 1.88 g. Protein 2.18 g. Vitamin A 6.51 IU. Vitamin C 11.34 mg. Calcium 88.24 mg. Iron 0.69 mg. 46.13% of calories from Total fat. 4.39% calories from Saturated fat. 46.26% calories from Carbohydrates. 7.27% calories from Protein. Provides .25 cup starchy vegetable.