

Curried Potatoes

Ingredients:

- 4 potatoes
- 1 tablespoon margarine
- 1 small onion
- 3/4 cup low sodium chicken broth
- 1/2 tablespoon curry powder
- 1/2 tablespoon lemon juice

Equipment:

- Cutting board
- Knife
- Non stick skillet
- Spatula
- Measuring cups
- Measuring spoons

Number of Servings: 6
 Prep Time: 10 minutes
 Total time: 10 minutes

Directions

1. Wash potatoes and cut in half lengthwise, and lay flat on cutting board. Cut in half lengthwise, again. Cut into cubes about the same size.
2. Put potato cubes in saucepan and cover with cool water. Put on stove and turn on high to bring to a boil. Once boiling, cover and turn to low and cook for 20 minutes. Potatoes are done when soft when stuck with a fork.
3. Meanwhile, melt margarine over medium heat in large nonstick skillet.
4. Cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice onion in thin strips keeping together. Turn 1/4 and slice again to make dice. Chop up any large pieces. Add to skillet. Cook until tender.
5. When potatoes are done, drain and add to skillet.
6. Add broth, curry powder and lemon juice to pan and cook until broth has disappeared.
7. Can serve warm or cold.

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Nutrition Facts

Serving Size: 1/2 cup	
Servings: 6	
Amount Per Serving	
Calories 96	Calories from Fat 18
%Daily Value*	
Total Fat 2g	3%
Saturated Fat trace 1g	2%
Cholesterol 0mg	0%
Sodium 92mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Protein 3g	7%
Vitamin A 2%	Vitamin C 30%
Iron 5%	Calcium 1%

*Percent Daily Values are based on a 2,000 calorie diet.

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