

## Coney Island Taters

### Ingredients:

- 1/2 pound ground beef, extra lean
- 1 medium onion
- 1 cup ketchup, low sodium
- 4 medium potatoes
- 4 ounces cheddar cheese, low-fat

### Equipment:

- Non stick skillet with lid
- Cutting board
- Knife
- Measuring cups

Number of Servings: 4  
 Prep Time: 30  
 Total Time: 30

### Directions

1. Stab potatoes in several places with fork. Place on paper towel in microwave oven. Microwave on HIGH 10 to 11 minutes or until tender, rearranging potatoes halfway. TIP: Some potatoes may become tender before this, so start checking a few minutes before time is up.
2. Meanwhile, cut ends off of onion and peel off brown layers. Chop into small pieces.
3. In large non stick skillet, brown ground beef and onion over medium heat 8 to 10 minutes or until beef is no longer pink, breaking up beef as it cooks. Remove beef and onions from skillet and drain on paper towels. Drain fat from skillet, and add beef and onions back. Stir ketchup into beef; cover and simmer over medium-low heat 10 minutes.
4. Meanwhile, shred cheese with a grater. Set aside.
5. When potatoes are done, cut potatoes lengthwise into quarters. Cut each quarter crosswise in half. Arrange 4 pieces potato on each serving plate; top with beef mixture. Sprinkle with cheese

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### Nutrition Facts

Serving Size: 1 cup	
Servings: 4	
Amount Per Serving	
Calories 351	Calories from Fat 108
%Daily Value*	
Total Fat 12g	19%
Saturated Fat 5g	26%
Cholesterol 45mg	15%
Sodium 231mg	10%
Total Carbohydrate 41g	14%
Dietary Fiber 3g	14%
Protein 21g	42%
Vitamin A 14%	Vitamin C 58%
Iron 14%	Calcium 15%
*Percent Daily Values are based on a 2,000 calorie diet.	

**TIP:** Russet potatoes are the best all round potato, they bake, boil and fry very well.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

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