

Italian Potatoes Baked with Tomato and Onion

Ingredients:

4 medium potatoes
 1 onion
 15 ounces Italian tomatoes, canned
 2 teaspoons olive oil
 1 tablespoon dried oregano
 1/4 cup parmesan cheese, freshly grated
 1/2 cup water

Equipment:

Cutting Board
 Knife
 Medium bowl
 Measuring spoons
 Measuring cups
 Baking dish

Number of Servings: 4
 Prep Time: 10 minutes
 Total time: 1 hour & 10 minutes

Directions

1. Preheat oven to 350°F. Spray 9 x 9 baking dish with non-stick cooking spray.
2. Wash potatoes and lay on cutting board. Starting at one end, slice into 1/4" slices. Set aside. Add to bowl.
3. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other for slices. Add to bowl.
4. Open can of Italian style tomatoes, add to bowl. Mix well and pour into baking dish.
5. Bake at 350°F for 1 hour and serve hot.

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Nutrition Facts

Serving Size: 1/2 cup
 Servings: 4

Amount Per Serving		Calories from Fat 36	
		%Daily Value*	
Calories	173		
Total Fat	4g	7%	
Saturated Fat	1g	7%	
Cholesterol	4mg	1%	
Sodium	111mg	5%	
Total Carbohydrate	30g	10%	
Dietary Fiber	4g	16%	
Protein	6g	12%	
Vitamin A	14%	Vitamin C	75%
Iron	11%	Calcium	11%

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

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