

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



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Nutrition Facts

Serving Size: 1/2 cu Servings: 4

Calories 173		Calories from Fat 36	
6 		%Daily \	/alue*
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%

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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