

## Fat-Free Potatoes

### Ingredients

5 small (2") Fresh Red, white or Yellow Potatoes

1 Green Anaheim Chile Pepper, cleaned, seeds removed, and diced

1 Medium-sized Onion with skin

1 ½ Teaspoons Garlic Hickory or BBQ Spice, or flavored Sea Salt to Taste

Cooking Spray

Ingredient	Calories	Fat
Potatoes	614	1g
Vegetables	70	0g
Spray	90	1g
Total:	774	2g
Per Serving:	258	0.66g



Green Anaheim Chile Peppers

### Directions

1. Preheat oven to 350°F.
2. Wash the potatoes and place them and the onion on a cookie sheet lined with parchment paper. (Leave skins on.)
3. Bake for one hour.
4. Remove from oven and allow cooling for a minimum of 30 minutes.
5. Take a medium frying pan and spray it with cooking spray for just 1 second.
6. Cut up the potatoes and place them in the pan.
7. Remove and discard the outer skin from the onion, and cut it in quarters.
8. Cut the onion quarters into smaller pieces (I use scissors) and add to the frying pan.
9. Add the chopped green Chile pepper.
10. Sprinkle with spices of your choice.
11. Cover and cook on medium, flipping with 2 spatulas, every 2 or 3 minutes.
12. Cook until the Chile peppers are soft.

Yield: 3 Generous Servings

