

# Cosmic Potatoes

If you eat with your eyes... then you're gonna be hungry! Purple potatoes are boiled, sliced into chunks and tossed with Mrs. Dash Original Seasoning, minced green bell peppers, carrots and red onions for an out of this world (and healthy) breakfast medley.



**Serving Size:** 1 - cup

**Portions:** 24

## Ingredients

purple potatoes, whole, petite size  
Mrs. Dash Original Seasoning  
green bell peppers, small dice  
red onions, small dice  
baby carrots, thin round slices

## Measure

8 lbs  
6/25 cup  
1 cup  
1 cup  
1 cup

## Preparation

1. Boil the potatoes (no salt in water) until just tender, approx. 12-15 minutes. Drain and reserve hot.
2. Slice the potatoes into thick wedges/circles and place in a mixing bowl.
3. Add all remaining ingredients to the bowl and toss to evenly combine.
4. Serve hot and enjoy!
5. HINTS: The potatoes could be utilized as part of a plated breakfast ensemble or as a buffet chafing dish item. Can be part of a main plate, but will also shine as the star.
6. The potatoes could also be baked and sliced or roasted and sliced. Could also be quickly pan fried in a small amount of oil.
7. You could mix purple potatoes with baby red bliss & Yukon gold potatoes for additional color and appeal.

## Nutrition Facts

**Serving Size:** 1 cup

**Servings:** 24

Amount Per Serving

**Calories** 140

Calories from Fat 12

	Per Serving	% Daily Value*	
<b>Total Fat</b>	1 g		1%
Saturated Fat	0 g		0%
Trans Fat	0 g		
<b>Cholesterol</b>	0 mg		0%
<b>Sodium</b>	18 mg		0%
<b>Total Carbohydrate</b>	29 g		9%
Dietary Fiber	3 g		12%
Sugars	3 g		
<b>Protein</b>	4 g		
<b>Vitamin A</b>	25 %	<b>Vitamin C</b>	80 %
<b>Calcium</b>	2 %	<b>Iron</b>	8 %

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Calories per gram:

Fat 9    Carbohydrate 4    Protein 4