



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Give Potatoes some Pizzazz!



Potatoes are more energy-packed than other popular vegetables and have more potassium than bananas.

The waxy texture of red potatoes keeps them firm while cooking. Their thin, vibrant skin is also loaded with fiber, B vitamins, and iron.

This nutritional powerhouse makes them a great extra ingredient in popular recipes like tacos!

*If you're trying to preserve the nutritional value of potatoes, cook them in the microwave.*

*Boiling causes nutrient losses into the water and frying adds extra fat and calories.*

## Quick Chili Lime Potato Tacos

### Ingredients:

- 1/2 lb. yellow or red potatoes, cubed
- Olive oil cooking spray
- 1/2 cup chopped onion
- 1/2 lb. diced boneless, skinless chicken breasts
- 1/2 cup red chili enchilada sauce
- 1/4 cup finely chopped poblano, Anaheim or bell pepper
- 1 teaspoon Mexican seasoning blend
- 1/2 cup shredded reduced-fat Monterey Jack cheese
- 8 small corn tortillas
- 8 lime wedges



### Directions:

1. Place potatoes in a microwave-safe bowl and cover with plastic wrap. Microwave on HIGH for 5-7 minutes.
2. Spray a large skillet liberally with cooking spray. Add potatoes and onion; cook over medium-high heat for 5 minutes, stirring and coating with cooking spray occasionally. Stir in chicken, pepper, and seasoning; then cook for 5 minutes more. Add red chili enchilada sauce and simmer for 5 minutes.
3. Place equal amounts of cheese on each tortilla and heat in a second skillet until cheese is melted. Add potato mixture and any other desired toppings. Serve with a lime wedge.

Recipe (adapted) and image courtesy of [Potatogoodness.com](http://Potatogoodness.com).