



California Broccoli Home Fries

Servings

4-6

Calories

130

Prep Time

15 minutes

Total Time

25 minutes

Skill Level

Easy

Ingredients

- 4 cups Mann's Broccoli Cole Slaw®
- 2 medium red-skinned potatoes
- 1 large yellow onion, chopped
- 1 large green bell pepper, cut into 1/2" strips
- salt and pepper to taste
- vegetable oil, for cooking



The Method

Scrub potatoes clean and cut into a 1/2" pieces. In medium saucepan, cover potato cubes with cold salted water and bring to a boil over high heat. Cook until potatoes are tender when pierced with the tip of a sharp knife, 5-7 minutes; drain.

In large bowl, toss together potatoes, Mann's Broccoli Cole Slaw®, onion and bell pepper. On oiled griddle or in a large skillet, working in batches if necessary, spread a single layer of the potato and broccoli mixture on the hot griddle, pressing down gently with the back of a spatula. Cook, turning once, until golden on both sides, 2-3 minutes total. Season with salt and pepper to taste. Serve warm.

Nutrition Facts

Serving Size: 274g | Servings: 5

Amount Per Serving

Calories 130 | Calories from Fat 25 | Total Fat 3g (sat fat 0g trans 0g) | Cholesterol 0mg | Sodium 65mg | Total Carbohydrate 24g | Dietary Fiber 7g | Sugars 6g | Protein 6g | Vitamin A 2% | Vitamin C 250% | Calcium 8% | Iron 10%