



Cheesy Potato Skillet with Mixed Vegetables

INGREDIENTS:

- 1 tablespoon olive or canola oil
- 16 oz. frozen mixed vegetables
- 16 oz. frozen O'Brien potatoes
- ½ cup reduced-fat shredded mozzarella cheese
- ½ teaspoon black pepper

DIRECTIONS:

1. Place oil and vegetables in a non-stick skillet over medium-high heat, stirring for 4 minutes or until vegetables are tender.
2. Add potatoes and cook for 6 minutes.
3. Sprinkle pepper and the cheeses over potatoes and vegetables. Turn off heat, cover and let stand for 1 minute.
4. Garnish with toppings of choice i.e., low-fat sour cream, chives, etc.

Source: *Lickety-Split Meals for Health Conscience People on the Go!* | **Yield:** 2 serving; 436 Calories per serving. Total fat 11g; Protein 20g; Fiber 15g; Sodium 450mg