

## Home Fried Potatoes

### INGREDIENTS:

1 T canola oil  
1 ½ lb small red potatoes, scrubbed, unpeeled, cooked and quartered  
1 t paprika  
Fresh ground pepper, to taste  
¼ t salt (optional)

### DIRECTIONS:

In a heavy, nonstick skillet, heat oil over medium high heat. Saute potatoes until golden brown, 5 to 8 minutes. Stir and shake pan frequently to prevent potatoes from sticking. Add paprika, pepper and salt. Toss to mix. Serve immediately.

Makes 6 servings.  
Calories: 124/serving

### NUTRITIONAL INFORMATION PER SERVING:

3g protein  
23g carbohydrates  
3g fat  
104mg sodium  
0mg cholesterol  
3g fiber