

# Best Ever Home Fries

- 2-3 **potatoes**, cut into 1/4-inch cubes
- 1 medium **onion**, cut small
- 2-3 **carrots**, shredded
- **Garlic** to taste, sliced thinly
- 1 cup **broccoli**, chopped into tiny pieces
- 3 Tbl **canola oil**
- 1/2 tsp **salt**
- **Black pepper** to taste

1. Heat oil in a hot skillet over medium-high heat.
2. Add potatoes in a single layer in the pan. Sprinkle with a small pinch of salt and black pepper to taste. Cook for 5 minutes before stirring. Potatoes should be whistling.
3. Cook 10 more minutes, stirring twice.
4. Push potatoes to the outside of the pan. Add onions with a small pinch of salt. Cook 7 to 10 minutes, stirring occasionally.
5. When onion is soft and turning brown at the edges, stir in with the potatoes. Add carrots, garlic and broccoli to the center of the pan with the rest of the salt.
6. Cook for 5 to 7 minutes, stirring about once a minute. When the broccoli has softened and turned a bright green color, the home fries are done!

*Makes 6 servings*

## Nutrition Facts

Serving Size 1/2 cup  
Servings Per Container About 6

Amount Per Serving

**Calories 140**      Calories from Fat 60

% Daily Value\*

**Total Fat** 7g      **11%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 210mg      **9%**

**Total Carbohydrate** 17g      **6%**

Dietary Fiber 3g      **12%**

Sugars 2g

**Protein** 2g

Vitamin A 50%      •      Vitamin C 45%

Calcium 2%      •      Iron 4%

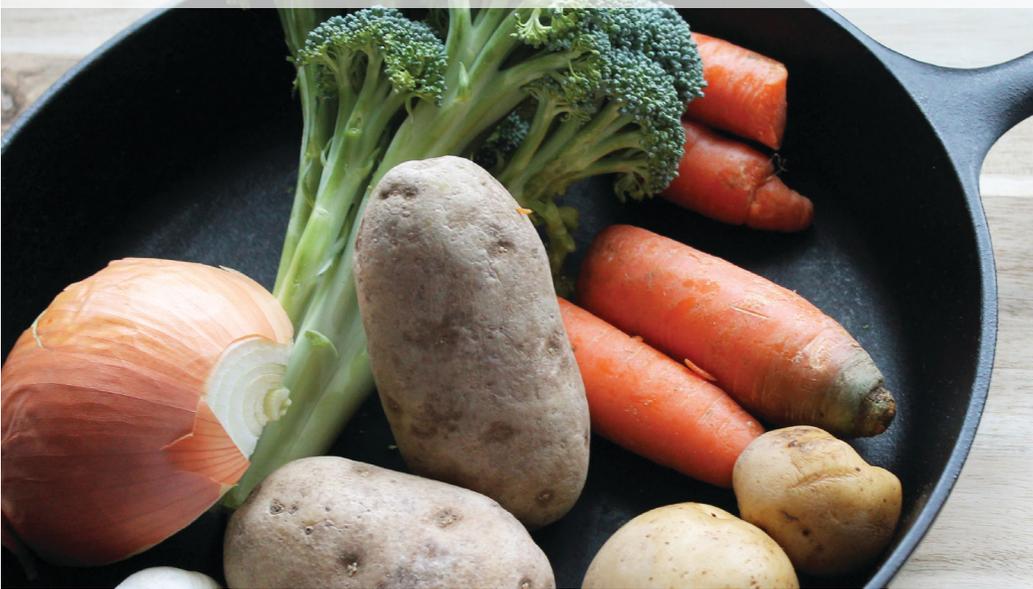
\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

# Best Ever Home Fries

This delicious one-pan dish isn't just for breakfast. These tasty taters will go well with just about anything on your dinner table. If you don't have these exact vegetables, try using peppers, collards or even radishes. Mixing in other veggies brings out the best in your spuds.



A good rule of thumb is that the vegetables you are going to cook should fit comfortably in the pan before you start cutting them up.

Courtesy of  
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Any potato will work for this dish, but russet and gold potatoes work best.



Add onions once the potatoes have started to brown.



Push vegetables to the outside of the pan, add new vegetables to center.