



A Nutrition Resource



SANTA FE POTATOES

Yield: 4 Servings | Serving Size: 1 potato

Cost/Serving: \$1.28

Ingredients:

- 4 medium potatoes
- 1 cup cooked, drained black beans
- 1 cup salsa
- 1 cup cooked or frozen corn
- 1 cup shredded cheese

Directions:

- 1) Scrub potatoes and poke with fork. Bake 45 minutes in 350°F oven or cook in microwave.
- 2) About 10 minutes before potatoes are done stir together beans, salsa, and corn. Heat until simmering.
- 3) Remove potatoes from oven. Cut in half lengthwise on plates and spoon bean mixture over the top.
- 4) Sprinkle about 1/4 cup cheese over each potato.

Variation: Stir 4 ounces cooked ground beef or elk into beans, salsa, and corn.

This material is provided by Iowa State University Extension and Outreach. For more tips like this, visit the Spend Smart. Eat Smart. website. <http://tinyurl.com/c59523>

Nutrition Facts

4 servings per container
Serving size 1 potato (310g)

Amount per serving
Calories 310

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 380mg	17%
Total Carbohydrate 47g	17%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 232mg	20%
Iron 2mg	10%
Potassium 234mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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