

## Recipe of the Month, A healthy Choice!

August

### Steamed Potatoes with Veggies:

Healthy potato recipes, like this one, are perfect when you're in the mood for some filling, satisfying comfort food. You'll be amazed at how a few simple ingredients can make such a great dinner!



### Ingredients:

- 8-10 fingerling potatoes or 1 large red potato, cut into bite-size chunks (leave the skin on - the skin is the most nutritious part!)
- 1 avocado, peeled and cut into small pieces
- 1 ear of corn, shaved (did you know you can eat raw corn? It's true! It's quite tasty, in fact, and retains nutrients that you would otherwise lose through cooking).
- 2 soft medium tomatoes, diced

### Equipment:

- 1 medium sized pot with lid
- 1 steamer basket
- 1 cutting board
- 1 chopping knife

### Directions:

- 1) Steam the potatoes until soft (takes about 10 to 12 minutes). I use a conventional steamer basket:
- 2) While the potatoes are steaming, chop your veggies and put them in a large bowl. You can also add some mesclun greens (this is optional).
- 3) When potatoes are finished steaming, add them to the bowl with your veggies:  
It's ready to eat immediately. Serves 1.

**TIP:** Try pouring this tasty and fat-free Sun Dried Tomato Sauce over the potatoes to make it even better!!!

**Recipe created by: Heather Mamatey**

For more of Heather's Delicious Healthy recipes visit:

[www.my-healthy-eating-secrets.com](http://www.my-healthy-eating-secrets.com)

