

Tater Tot Hotdish

4 servings

Estimated cost per serving: \$1.75

1 lb 95% lean ground beef or ground turkey breast
1 small onion, chopped
1 tsp minced garlic or salt-free garlic powder
1 (10 $\frac{3}{4}$ oz) can 98% fat-free cream of celery soup
1- $\frac{1}{2}$ cups frozen vegetable mix, such as sweet corn,
carrots and green beans
2 cups frozen tater tots
Pepper to taste



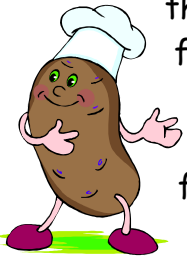
1. Preheat oven to 375° F.
2. In a non-stick frying pan over medium heat, brown ground beef and onion; drain off excess fat.
3. Combine garlic, soup and vegetables in an 8 X 8 baking dish. Add meat and onion mixture, stir to mix well.
4. Place frozen tater tots on top.
5. Bake for 25-30 minutes or until the tater tots are golden brown.

Nutrition facts per serving: 370 calories, 14g total fat, 4.5g saturated fat, 80mg cholesterol, 630mg sodium, 33g carbohydrates, 6g dietary fiber, 30g protein

Good source of Vitamin A, Vitamin C, Calcium, Iron, Potassium and Dietary Fiber

Pyramid servings: 3 oz. lean meat, 2 $\frac{1}{2}$ vegetable

Nutrition Note: Did you know . . . **the powerful potato is packed with potassium** (say that three times fast). Potassium helps maintain a healthy blood pressure by regulating fluid and minerals in and out of the cells in our body. It is also important for transmitting nerve impulses or signals, and helping our muscles contract. In addition to potassium, potatoes with their skin on are a good source of dietary fiber and Vitamin C. Dietary fiber aids digestion and keeps you feeling full longer and Vitamin C is an important antioxidant. As one of your five to nine servings of fruits and vegetables a day - include the vegetable everyone loves, the potato.



Recipe provided by Keri Tonia, MSU Dietetics Student, 2/07.

Questions or comments???

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