

CORNERD BEEF HASH, MAKES 4 SERVINGS; EA. SRVG = 1 ¼ Cup= 3 PTS.

1 TBS light butter

1 package (1 pound 4 oz.) refrigerated diced potatoes with onion

1 ¼ cup chopped onion

1 cup green peppers, chopped

2 cups diced lean, deli corned beef (about ½ pound)

¼ tsp. salt

¼ tsp. pepper

1/8 tsp ground nutmeg

Melt butter in large nonstick skillet over medium heat; add potatoes, onion, green peppers. Cook about 6 minutes until tender. Stir frequently; add corned beef and the rest of the ingredients. Cook 3 minutes or until heated