

## Roasted, Seasoned Potato Pieces

No cutting, no seasoning, minimal cleanup! Grabbing a bag of frozen, seasoned potatoes is a great option that I love to pop in the oven for breakfast in the morning. Tastes amazing with ketchup.

Here's an example of what you're looking for:

<https://www.walmart.com/ip/Birds-Eye-OvenRoasters-Red-Potatoes-Onions-14-Oz/909404576>

They are usually in the frozen vegetable or potato/french fry section of the frozen section.

Important! Steer clear of the hash browns, tater tots, french fries, or other potato options that are high in fat. There are lots of brands and options that have added oil, garlic butter, etc. Instead, find one that doesn't have those added in and enjoy them with your favorite fat-free sauce or seasoning combination. There will be plenty of flavor that way :)

Enjoy!