

Herb Roasted Potatoes

Serving Size: 1/8th recipe

Serves: 8

Ingredients

¼ cup extra virgin olive oil

2 tablespoons red wine or balsamic vinegar

½ teaspoon kosher salt to taste

½ teaspoon coarse ground black pepper

2 tablespoons fresh rosemary, diced

2 cloves fresh garlic, minced

2½ pounds (~10) Yukon Gold potatoes, cut into bite sized pieces, ~ ½-1 inch

2 tablespoons fresh parsley, diced

Directions

Preheat the oven to 400 degrees. Line a baking sheet pan with parchment paper.

In a large mixing bowl, combine the olive oil, vinegar, salt and pepper. Stir to blend. Stir in the rosemary and garlic. Add the potatoes and toss until well coated.

Transfer the potatoes to the baking sheet pan and spread out into a single layer.

Roast in the oven for 45 – 60 minutes until browned. Turn twice during cooking to ensure even browning.

Remove from the oven and toss with the parsley. Season to taste and serve hot.

These potatoes are so easy and tasty, you will wonder why you don't prepare them more often. They make an excellent side to any meat or fish entrée. And they are a great replacement for chips with a sandwich. To reduce roasting time, sauté the seasoned potatoes ahead of time in a large skillet. Sauté just until browned. Then allow to cool and refrigerate until ready to roast. Reduce roasting time to about 15 minutes.

Exchanges per Serving

1 starch and 2 fats

Nutrients per Serving

Calories: 159

Calories from fat: 61

Total Fat: 7 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 155 mg

Carbohydrate: 24 g

Dietary Fiber: 3 g

Protein: 2 g