

category: DINNER

Roasted Red Potatoes

This recipe is really easy to double, triple or make enough for a houseful of people – as long as they're in a single layer on the roasting pan. And you can store them tightly covered in the fridge for up to a week.



NUTRITION INFO

FOR 1 SERVING

Calories	54	
Calories From Fat (7%)	3	
		% Daily Value
Total Fat	0.44g	1 %
Saturated Fat	0.09g	0 %
Cholesterol	0mg	0 %
Sodium	237.44mg	10 %
Potassium	20.96mg	1 %
Carbohydrates	11.19g	4 %
Dietary Fiber	0.88g	4 %
Sugar	0.17g	
Sugar Alcohols	0.00	
Net Carbohydrates	10.32g	
Protein	1.26g	3 %

Ancient Incas harvested potatoes thousands of years ago. Potatoes are tubers, bulbous roots that can generate a plant. Tubers and roots (like carrots and beets) are packed full of nutrients, because they are the nutrient storage facility of a plant.

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WHAT YOU'LL NEED:

- 2 lbs. red bliss potatoes
- 2 Tbls. olive oil
- 2 tsp. dried rosemary
- 1 tsp. salt
- ½ tsp. pepper

TOOLS FOR THE JOB:

- Cutting Board & Knife
- Sheet Pan (cookie sheet)
- Spatula
- Colander

SKILL LEVEL:



Makes 2-4 Servings
Total Time:
about 45 min.

THE STEPS

- Pre-heat the oven to 350°. Wash potatoes.
- Cut potatoes into quarters and mix together with other ingredients.
- Spread evenly on a roasting dish or cookie sheet, and roast for 35-40 min.
- They're done when a knife can easily pierce them.

